

# Educating & Protecting Young People



help advice support

### If from time to time, you need a little bit of extra help or support.

### Emotional Support

The below will be a great place to start!



youngminds.org.uk



themix.org.uk







#### www.mind.org.uk

It's out there waiting for you and easy to find online.



### Removing Content

### If you're looking to remove any upsetting or harmful content online,

it can be done a lot easier than you think!



Nude image of you online? We can help take it down.

#### REPORT HARMFUL CONTENT

#### childline.org.uk

reportharmfulcontent.com

forgetting about it and

## ignoring it, wont remove it!

### Take down, remove & report!



### Sharing pics, relationships and peer pressure!

Be aware before you share!

Relationship

wornies







Groomed or tricked online?

### If you're worried about any unwanted contact online, please act now!



#### <u>ceop.police.uk</u>

It's never too late, to get help

### for yourself or someone else!

### act Now!



Anonymous help against crime

Providing you with a safe place to give information about crime - 100% anonymously.



fearless.org

**Pass on information without** 

### giving any personal details

Get Info

Give Info



### Online Bullying & hate Are you or a friend getting a tough time from others on or offline? If so, it's easy to get help!





anti-bullyingalliance.org.uk

kidscape.org.uk



victimsupport.org.uk

# It's NOT alright, it's NOT ok and it'S NOT your fault.

### Say NO to bullying!



### SPEAK OUT AND TELL Someone

### Quite often, help is a lot closer than you think

Try speaking to a trusted adult if you're having a tough time or are worried about someone else

### Don't put it off, do it today!





