

# Staying safe online

## Useful websites and phone numbers for young people

If you are worried or concerned about staying safe online it can help to find information and support that you can trust. Young people have checked and tested the websites and phone numbers below to make sure they are helpful and easy to use.

As well as the websites and phone numbers below, young people can always get help from Nottingham City Council by calling 0115 8764800. In an emergency always call the police on 999.

- **Child Exploitation and Online Protection (CEOP) agency**

CEOP provide a range of resources designed for young people. Think You Know has general advice and information about how to stay safe online [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

CEOP also help young people or parents/carers to report any concerns they may have about something that has happened when they are on-line. If you are worried about something that has happened to you, or someone you know, you can use this link [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

- **Sexting**

Sexting is when a young person sends sexually explicit material to another person. This could include photographs of themselves or others. This can make them vulnerable and could be a crime. Click [here](#) or search online for 'Share aware' to find this information.

- **Cyber Bullying**

Cyber bullying is using the internet, email, online games or any digital technology to threaten, tease, upset or humiliate someone else. The charity Childline has good information online to help. Click [here](#) or search online for 'Childline cyber bullying'. You can call Childline for free on 0800 1111 at any time.

- **Child Sexual Exploitation**

Child Sexual Exploitation (CSE) is when a young person is used by being made or tricked into doing something sexual - sometimes receiving something in return like love, affection, money, drugs or alcohol. Visit this link for more information and help [www.stop-cse.org/saysomething](http://www.stop-cse.org/saysomething)

