

# PERSONAL DEVELOPMENT LESSONS HALF TERM 4



St Antony's  
Roman Catholic School

ASPIRE + BELIEVE + ACHIEVE

# Y8 HALF TERM 4 - ONLINE SAFETY SUPPORT & SIGNPOSTING

- Childline - [childline.org.uk](https://www.childline.org.uk)
- The Mix - [themix.org.uk](https://www.themix.org.uk)
- Safer Internet Centre - [saferinternet.org.uk](https://www.saferinternet.org.uk)
- Relate - [relate.org.uk](https://www.relate.org.uk) (Help for children and young people section)
- Samaritans - [samaritans.org](https://www.samaritans.org) (England, Scotland, Wales)
- Thinkuknow - [thinkuknow.co.uk](https://www.thinkuknow.co.uk)

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## Support is available

You can always talk to a trusted adult for support and advice, both at home and at school. There are also online services to help with image sharing:

- NSPCC's [Report Remove tool](#) can help remove nude images and videos that have been posted online
- Think u know: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- Reporting online abuse to CEOP: [www.ceop.police.uk](http://www.ceop.police.uk)
- Childline [www.childline.org.uk](http://www.childline.org.uk)



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