

PERSONAL DEVELOPMENT LESSONS, HALF TERM 4 - ONLINE SAFETY, ABUSE AND PROTECTING MY BODY



St Antony's
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

Y7 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)

Y8 HALF TERM 4 - ONLINE SAFETY SUPPORT & SIGNPOSTING

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Y8 HALF TERM 4 - ONLINE SAFETY SUPPORT & SIGNPOSTING

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
- Reporting online abuse to CEOP: www.ceop.police.uk
- Childline www.childline.org.uk



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

Y9 HALF TERM 4 - ONLINE SAFETY SUPPORT & SIGNPOSTING

Childline

- www.childline.org.uk

NSPCC

- www.nspcc.org.uk

Young minds

- www.youngminds.org.uk/find-help/feelings-and-symptoms/bullying

Anti-bullying alliance

- www.anti-bullyingalliance.org.uk

Childnet

- www.childnet.com/young-people

Y10 HALF TERM 4 - ABUSE SUPPORT & SIGNPOSTING

- Something's Not Right: www.childline.org.uk/somethings-not-right
- Childline: www.childline.org.uk
- Victim Support: www.victimsupport.org.uk
- Make a report to CEOP: www.ceop.police.uk/safety-centre for reporting online sexual abuse or exploitation
- Make a report to the Police: www.police.uk/pu/contact-the-police/report-a-crime-incident

Y11 HALF TERM 4 – PROTECTING MY BODY SUPPORT & SIGNPOSTING

Support is available

For further support about healthy relationships or consent:

- Speak to a parent, tutor, counsellor, support service or other trusted member of staff in the school, university or workplace
- Contact: Childline www.childline.org.uk; 0800 1111 (up to age 18)
Samaritans, www.samaritans.org; 116 123
- Explore advice on the Brook website www.brook.org.uk
- Contact Victim Support: www.victimsupport.org.uk or Rape Crisis: www.rapecrisis.org.uk

