

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



St Antony's
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

Y7 UNIT 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 UNIT 4 - ONLINE SAFETY SUPPORT & SIGNPOSTING

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Y8 UNIT 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 UNIT 4 - ONLINE SAFETY SUPPORT & SIGNPOSTING

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

Y9 UNIT 4 - ONLINE SAFETY SUPPORT & SIGNPOSTING

Young Minds: www.youngminds.org.uk

Childnet: www.childnet.com

NSPCC: www.nspcc.org.uk

Anti-Bullying Alliance: www.antibullyingalliance.org.uk

Childline: www.childline.org.uk

Y10 UNIT 4 - ABUSE SUPPORT & SIGNPOSTING

- Domestic Abuse Support: www.somesticabuseservices.org.uk
- Childline: www.childline.org.uk 0800 11 11
- Refuge: www.refuge.org.uk
- Women's Aid: www.womensaid.org.uk
- Mankind: www.mankind.org.uk
- Domestic Abuse Helpline: 0808 2000 247
- Call the police (999 for an emergency, 101 to report a non-urgent crime)

Y10 UNIT 4 – DO PRISONS WORK?

SUPPORT & SIGNPOSTING

- **Childline:** www.childline.org.uk 0800 11 11
- **Young Minds:** www.youngminds.org.uk
- **Samaritans:** www.samaritans.org 116 123
- Text '**Shout**' to 85258

Y11 UNIT 4 – PROTECTING MY BODY SUPPORT & SIGNPOSTING

- Domestic Abuse Support: www.somesticabuseservices.org.uk
- Childline: www.childline.org.uk 0800 11 11
- Refuge: www.refuge.org.uk
- Women's Aid: www.womensaid.org.uk
- Mankind: www.mankind.org.uk
- Domestic Abuse Helpline: 0808 2000 247
- Call the police (999 for an emergency, 101 to report a non-urgent crime)