

Information for Parents and Carers December 2021

We know that the top gift for many children this year will be a digital device such as a new phone or a games console.

We also know that Christmas can be fantastic but it can also be fraught!

We've put together some information that could help you make sure that everyone has a good time and children are safe and happy this Christmas.

[Online gaming- what parents and carers need to know](#)

This article has lots of useful links to resources and guides about in-game chat, security settings etc.

[A Parent's Guide to Privacy Settings](#)

Information about setting the appropriate levels of privacy for your child

Short [video](#) from CEOP explaining **how to make a report** if something happens to a child or young person online

The [Report Remove tool](#) can be used by any young person under the age of 18 to get a nude **image or video removed** from the internet

[Guidance for parents on social media](#) from Internet Matters to help parents support their child's social media use.

NSPCC and O2's [Net Aware site](#) will be closing down at the end of 2021, but before then you can still get [advice and information on a whole range of social media apps](#), including TikTok, Snapchat and Instagram. There is also [information](#) on supporting your child's mental health online, what to do if you think your child is accessing porn online etc.

[Stop it now website](#), live chat and helpline offers immediate support if you are worried about your own or your child's thoughts or behaviours online.

[Information](#) from Family Links on nurturing everyone's emotional health this Christmas

Helplines for children and young people

[Childline](#)

call 0800 1111

[Shout crisis messenger](#)

text 85258

[The Mix](#) (ages 16-25)

call 0808 808 4994

[Young Minds](#)

text 85258

[Is this OK?](#)

online chatbot and 1-2-1 chat

Helplines for adults

[Samaritans](#)

call 116 123

