



Keeping yourself safe online: services available to help with online worries

It is always better to tell an adult that you trust about your problems, even if you are embarrassed or worried about getting into trouble. But if you don't want to, you don't have to suffer alone – there are services that can help.



Has your content been posted online?

If you are under 18, you can confidentially report sexual images and videos of yourself and remove them from the internet at childline.org.uk/report-remove



General advice

childline.org.uk

Free Helpline: 0800 1111

Open 24 hours.

Childline can help with any problems, day or night. It is free – even if you don't have credit on your phone – and calls won't show up on any phone bills. Childline is confidential, which means they will only tell someone else in certain situations – you can find out more on their website about this. You can also email them, or chat online.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Has someone sent you something inappropriate / messages that make you feel uncomfortable?



If you're worried about online abuse or the way that someone has been communicating online, let CEOP know: ceop.police.uk/Safety-Centre/

Some of the things children and young people have reported to CEOP include:

- Someone online has asked me to send them nude images
- I shared a nude image with someone online and they are threatening me
- I did something that I was embarrassed about on webcam and someone has turned nasty towards me
- Someone I don't know is asking me to live-stream and do things I don't want to do
- Someone online kept asking me to meet them face-to-face and I feel pressured by them
- Someone online was talking to me about sex and it made me feel uncomfortable
- Someone I met in an online game keeps trying to talk to me privately



If you don't want to report something, but just need info and advice about online relationships and safety, visit thinkuknow.co.uk/. Topics include reporting and blocking on social media, and what to do if you are worried about nudes.



General advice
themix.org.uk

Free Helpline: 0808 808 4994
Open 4pm-11pm Mon - Fri

The Mix provides online information, advice and support on a range of topics, from sex and relationships, to housing and money. You can call the helpline, email, webchat and access counselling services from their website.

Worried about gambling or spending money online?



Find information and support related to gambling (such as the danger of buying loot boxes) at bigdeal.org.uk/



Being bullied, either in person or online?

Get help or advice from these websites



kidscape.org.uk/advice/advice-for-young-people/



nationalbullyinghelpline.co.uk/

Helpline: 0300 323 0169

Open 9am - 5pm Mon - Fri

each.education/homophobic-transphobic-helpline

Helpline: 0808 1000 143

Open 9am - 4.30pm Mon - Fri

Help and support for homophobic, biphobic and/or transphobic bullying. Free, confidential (in most cases - see website). You can also contact them online for the same support.



If you're feeling low, anxious or struggling with your mental health, text 'SHOUT' to 85258 or visit

giveusashout.org/

This free, confidential (unless you are in danger) counselling service is available 24/7.



Struggling with your mental health?



<https://www.kooth.com/>

If you're aged 11 - 25, a new digital mental health support website is now available in Barnsley. Join for free for text support from professionals, resources to help yourself and a discussion board to ask questions and get support from the community.