



The Shetland Public Protection Committee would like to support parents and young people in keeping safe online during lockdown and the closure of schools.

Thinkuknow has created a support page during this time of lockdown and each fortnight release new home activity packs with simple 15 minute activities that parents can do with their child to support their online safety at a time when they will be spending more time online at home.

Learning about online safety at home

We know this is a difficult time for most parents with schools being closed. The Thinkuknow page is intended to provide you with support and resources to help you learn about online safety at home with your child.

Parents and Carers Help sheets, one for Primary and one for Secondary are available. These contain key online safety advice and links to resources as well as support services.

Activities are available for each age group from Early Years to Secondary.

Please click on the link to take you to the Thinkuknow page:

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Other Useful Links:

Online Bullying - In response to concerns about the potential for increased online bullying, Respectme has developed a tip sheet <https://respectme.org.uk/wp-content/uploads/2020/04/respectme-Parents-Tip-Sheet-master.pdf> and a mini-series of videos on YouTube <https://www.youtube.com/playlist?list=PL-DE31NAYJAYJvkeuAFMTw5BTvNGWcYzN> for parents and carers to support them in preventing, identifying and managing this problem.

For staff working with children and young people:

You can find resources on the Children's Workforce section: <https://www.thinkuknow.co.uk/>

Other links to advice about how to manage social media safely in order to protect yourself or someone else from any activity that is linked to domestic abuse, coercive control or stalking.

[https://www.refuge.org.uk/our-work/forms-of-violence-and-abuse/tech-abuse-2/resources/?utm_source=Facebook&utm_medium=SocialMedia&utm_campaign=Tech Abuse](https://www.refuge.org.uk/our-work/forms-of-violence-and-abuse/tech-abuse-2/resources/?utm_source=Facebook&utm_medium=SocialMedia&utm_campaign=TechAbuse)

<https://www.safershetland.com/domestic-abuse>

Resources for people worried about a loved one experiencing domestic abuse - Safe and Together Institute have launched a page on their website exclusively for people who are worried about a friend or family member experiencing domestic abuse. Follow the [link](#) to the page.