



St Benedict
CATHOLIC ACADEMY TRUST

Digital Wellbeing



CEOP is a law enforcement agency and is here to help keep children and young people safe from sexual abuse and grooming online. We help thousands of children and young people every year who have been in a similar situation to you.

[CEOP Safety Centre](#)



The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.

[Thinkuknow](#)



BBC Own It is a BBC program that aims to help children, parents, and teachers navigate the online world safely.

[BBC Own It](#)

Wisdom, Faith & Virtue



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NSPCC

The NSPCC is a children's charity in the UK that works to prevent child abuse and neglect. They provide support to children and their families, raise awareness of child abuse issues, and campaign for changes in policy and law to protect children.

[NSPCC](#)

 **Childnet**

Childnet is a UK-based charity that works to protect children online. They provide education and resources to help children and young people stay safe online, as well as support for parents and carers.

[Childnet](#)



Guidance on responding to incidents and safeguarding children and young people. Sharing nudes and semi-nudes: advice for education settings working with children and young people.

[.GOV Guidance](#)

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Fearless is the dedicated youth service of the independent charity Crimestoppers. We provide you with the opportunity to give information about crime 100% anonymously.

Fearless



Kooth is a confidential online mental health support service for young people aged 11-19 in the UK. It provides a safe space for young people to talk about their feelings, access information, and connect with other young people.

Kooth



Shout 85258 is a free 24/7 text support service in the UK. It provides confidential support to anyone in distress, offering a safe space to talk about their feelings and get help.

Shout

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YOUNGMINDS

Young Minds is a UK-based charity that is dedicated to improving the mental health of young people. They provide support, information, and resources for young people, their families, and professionals working with young people.

Youngminds

childline
A life-changing NSPCC service

Childline is a UK-based charity that provides a free 24/7 helpline for children and young people. It offers confidential support and advice on any issue, big or small.

Childline (NSPCC)

THE MIX

The Mix is a UK-based charity that provides support and information for young people aged 13-25. They offer advice on a wide range of issues, including mental health, relationships, education, and careers.

The Mix

Wisdom, Faith & Virtue