



You can contact the NSPCC Helpline 0808 800 5000 to get advice or share their concerns about a child, anonymously if you wish.

There is a large section on how to keep your children safe online via the following link: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

The NSPCC website also has lots of helpful advice on helping to keep children safe. <https://www.nspcc.org.uk/preventing-abuse/>



### **NSPCC – Learn the Underwear Rule**

The NSPCC website has lots of information for parents on how to keep your children safe. You can find out how you can keep children safe. You can find out how you can keep children safe from abuse and other dangers, both online and in the physical world. There is a great section on the underwear rule which helps you to talk to children about staying safe from sexual abuse in simple language.

‘Talk pants and you’ve got it covered’

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

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