



Scan the QR Codes on on your Smart Phone to go straight to the website.

<https://www.saferbradford.co.uk/resources/childrens/resources-for-parents-and-carers/>

Lots of links to useful sites for parents and carers in Bradford



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

A useful site with lots of information and practical advice around on Online Safety for parents/ carers of children of all ages



<https://fyi.bradford.gov.uk/>

A free impartial service offering advice, information and advice for all aspects of family life in Bradford



<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>

NSPCC site with lots of practical tips and advice around staying safe online



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Talk PANTS aims to help parent/carers have a simple but important conversation with their children about how to keep safe from sexual abuse



<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Lots of information on supporting children that may be struggling with their mental health

