



#OnlineSafetyAtHome

From Thinkuknow



Your next **#OnlineSafetyAtHome** pack is now available for you to download, containing new activities for parents and carers to use at home! Access them here:

[4-5s](#)

[5-7s](#)

[8-10s](#)

[11-13s](#)

[14+](#)

You can also access our [new guidance for parents and carers](#) designed to help them manage some of the key challenges they are telling us about in our survey.

Looking for a Welsh language version of our packs?

You can now download translated versions of our first activity pack from [Welsh Government's Hwb](#).

Translated versions of our remaining packs will be available later this week.

Child online safety during lockdown: where to report

With children spending more time on the internet during lockdown, it's more important than ever for parents and carers and their children to know the best reporting and support routes, should they be worried about something online.

Share our [new ParentInfo article](#) which signposts to reporting, advice and support services available for children and their families.

Managing mental health and wellbeing: advice for families

Through our survey, many parents and carers have told us that they are concerned about the impact of COVID-19 on their child's mental health and wellbeing and access to support services.

Two new [Parent Info](#) articles explore how parents and carers can support their child's mental health, and highlight things they can do to manage the wellbeing challenges of family life under lockdown:

- [Surviving family life under lockdown](#)
 - [Where can your child get mental health support online during lockdown](#)
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Ambassadors: a guide to delivering training online

We know many of our Ambassadors are feeling confident about working online and want to use the opportunity to train staff or volunteers.

Use our [short guide](#) to help you to deliver the Thinkuknow Introduction Course online, and let us know how you're getting on.

A big thank you from us

This continues to be a difficult time for all of us and we recognise the challenges you will be facing in your work with children and their families, as well as the impact on your personal lives too.

We've been amazed by the number of downloads of our activity packs, the shares of our articles and social media posts, and the pictures of work we've received from parents and their children.

Thank you for everything you're doing to support our #OnlineSafetyAtHome campaign.

