

# Safeguarding Support from The Hub

**The NSPCC** has created an online Hub providing advice and support for parents and carers during the coronavirus outbreak. Content includes: information on keeping children safe from abuse; tips and advice to help parents working from home; and ways to talk to a child who is anxious or worried about coronavirus. [Coronavirus \(COVID-19\) advice and support for parents and carers](#)

**Childline** has updated its Coronavirus webpage to include tips for children and young people on coping at home during lockdown. Advice includes: keeping in touch with friends online and talking to people at home; staying busy with things like schoolwork or hobbies; and speaking to a trusted adult or parent if they need support. [Coronavirus](#)

**The National Crime Agency (NCA) CEOP** command has launched a campaign to help keep children safe online during the coronavirus pandemic. The #OnlineSafetyAtHome campaign contains home activity packs with 15-minute activities for parents and carers to do with their children using CEOP's Thinkuknow educational resources. New activities will be launched fortnightly. The NCA has warned of a spike in online child sex offending during the coronavirus crisis, with latest figures indicating that there are at least 300,000 people in the UK posing a sexual threat to children. An article in the Guardian reports on NSPCC concerns that a shortage of moderators who combat sexual abuse online combined with children spending more time on the internet at home has created a "perfect storm" for abusers to take advantage of the pandemic. [Home activity packs \(PDF\)](#)

**Public Health England (PHE)** has published advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus outbreak. The guidance covers: helping children and young people cope with stress; how children and young people of different ages may react; children and young people who are accessing mental health services; children and young people with learning disabilities; autistic children and young people; children and young people who care for others; and bullying. The guidance will be updated in line with the changing situation. [Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak](#)

In a blog, Professor Sonia Livingstone discusses how families can manage the misinformation online surrounding coronavirus, and ways in which parents and carers can help children deal with the challenges of social isolation. [Coronavirus and #fakenews: what should families do?](#)

## **Sussex Police - Action Fraud scam watch**

Did you know scams cost the UK economy £5-£10 Billion a year, with over 50% of people over 65 having already been targeted by scams; and only 5% of all scams reported?

This week's scam and fraud warnings from Action Fraud via Sussex Police:

- 641 victims have lost a combined total of £1,820,731 to coronavirus-related scams. To get the latest advice on how to protect yourself from coronavirus-related scams, visit: <https://actionfraud.police.uk/covid19>

# Coronavirus scams

April 9th 2020

- A total of **£1,820,731** has been reported lost by **641 victims** of coronavirus-related scams. We have received **2,643 reports** of coronavirus-related phishing emails.
- Criminals continue to exploit the coronavirus pandemic to defraud innocent members of the public. Currently, coronavirus-related frauds make up 3-5% of all fraud reports we receive. To keep this number as low as possible, we want people to be aware of the very simple steps they can take to protect themselves from handing over their money, or personal details, to criminals. Visit **[actionfraud.police.uk](https://actionfraud.police.uk)** for information on the latest scams we are seeing and advice on how to protect yourself.

Learn more: [actionfraud.police.uk/covid19](https://actionfraud.police.uk/covid19)

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#coronavirusfrauds

- Criminals are exploiting the Covid-19 outbreak by selling FAKE medical products online. The Medicines & Healthcare products Regulatory Agency say there are no medicines licensed for the specific treatment or prevention of Covid-19 & no official self-testing kits approved for home use.

## Fake COVID-19 medical products warning

Criminals are exploiting the COVID-19 outbreak, and preying on people's worries and concerns, by selling fake medical products online which they claim can treat or prevent coronavirus.

We have also received reports from victims who have lost money when they have tried to purchase protective face masks or self-testing kits online, from fraudulent websites, that simply do not exist. If you think that you have been a victim of fraud, please report it to us.

**Parent Zone** – This is the latest newsletter from Parentzone who have some fantastic advice for parents in this challenging times with ways to support your young people and to keep them occupied.

## How to look after your family's mental health when you're stuck indoors



With schools closing and many adults working from home, families are going to be cooped up.

It's easy to get cabin fever when children who are used to running around the playground and hanging out with friends are stuck indoors with their parents.

In this article, we offer some tips for keeping everyone's spirits up as much as possible as we self-isolate.

[Read now](#)

## What to watch on Netflix – for families, kids and adults



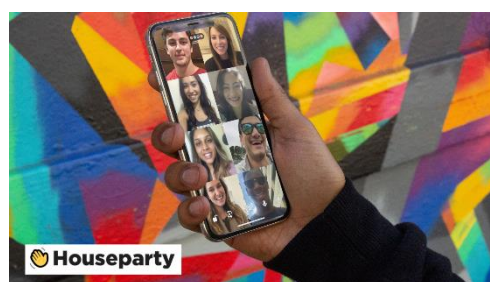
With many of us trapped indoors for much of the day right now, streaming TV services are more in demand than ever.

up on the sofa with a film once they've gone to bed, Netflix is ideally suited to a week spent in lockdown.

The only problem is that with so much content on offer, it's hard to know where to start. Fortunately, we can help – we've pulled together a list of 40 TV shows and movies that all come recommended by the Parent Zone team.

[Read now](#)

## Houseparty: what is it and is it safe for young people?



In these strange times, young people can feel very cut off from their friends. Since the coronavirus crisis started, the video-chatting app Houseparty has enjoyed a surge in popularity.

And it's easy to see why – it enables young people stuck at home to hang out with friends more informally than on other video conferencing apps.

Here we tell families what they need to know about the popular app and give advice on how they can help their child use it in a safer, more enjoyable way.

[Read now](#)

## Eight activities that will help you stay in touch with grandparents – even when you're apart



It can be difficult for young people to process that they might not see their grandparents as much as they're used to now that the UK is in lockdown.

Fortunately, that doesn't mean they can't keep in touch.

We've compiled a list of activities to enjoy with grandparents and other family members who may be living somewhere else.

[Read now](#)