


Speak up • Speak out

We can help

Are you being harmed?
Do you think someone is being harmed?

Speak up about keeping safe online



I don't know
what my kids
are doing online
or how to keep
them safe.



To find out how to protect children
online visit

www.childline.org.uk

www.saferinternet.org.uk

ceop.police.uk

or call ParentLine Scotland **08000 28 22 33**


www.edinburgh.gov.uk/speakupspeakout



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Are you being harmed?
Do you think someone is being harmed?
Speak up about cyber stalking and abuse



My partner checks
up on me online
and bombards me
with emails, calls
and texts.

To find out more about keeping safe
www.womensaid.org.uk/onlinesafety
www.getsafeonline.org

If you need help urgently, call
Police **101** or **999** in an emergency


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My ex-partner
sends me and
my family and
friends threatening
messages online.

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My partner knows
what I've sent to
people in private
emails and texts.

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My daughter has special needs. I want her to lead a normal life but need to keep her safe online.



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Social Care Direct 0131 200 2324

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Mum and dad
aren't very confident
online. I'm scared
they'll be victims of
online scams.



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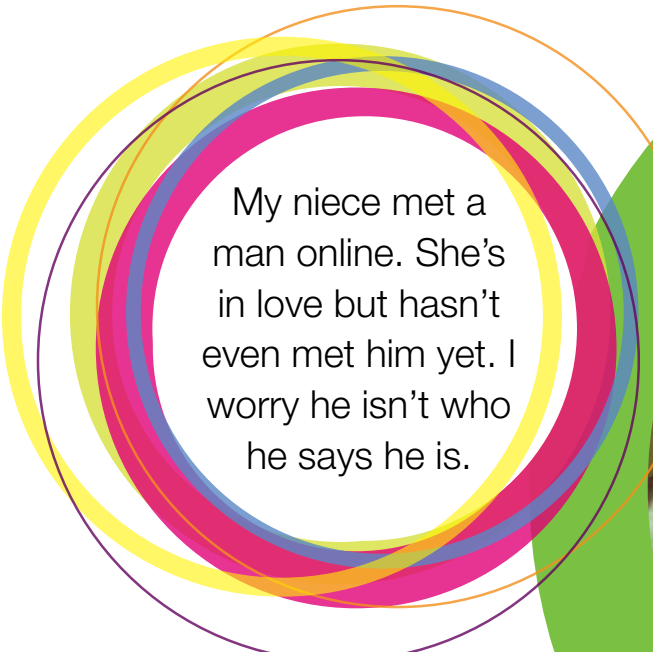


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My niece met a man online. She's in love but hasn't even met him yet. I worry he isn't who he says he is.



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