

HELPFUL

LINKS



Your Rights

- Children & Young People's Commissioner Scotland - on 0800 019 1179 or inbox@cypcs.org.uk.
- Together Scotland - [Children's Human Rights](#)
- Scottish Human Rights Commission - [Your rights](#)
- Scottish Government - [Human rights](#)
- 5Rights Foundation - [Children's rights in the digital world](#) and [In our own words](#)
- Council of Europe - [Internet users rights](#)
- [Through the Wild Web Woods](#)

Online safety

- Advice Direct Scotland - info@advice.scot or 0808 164 6000
- Scottish Government - [Keeping Children safe online](#)
- Children 1st - [Online safety and parental controls](#)
- Young Scot - [Online safety](#)
- [ThinkUknow](#)
- Mind yer time - [Online safety quiz](#)

Other

- Who Cares? Scotland Helpline - 0330 107 7540 or help@whocaresScotland.org
- Childline - 0800 111
- [Parent Zone](#)
- Police Scotland - [Contact us](#)
- Samaritans - 0330 094 5717 or jo@samaritans.org
- Mind - [Mental Health Support](#)
- SAMH - [Self help and Wellbeing](#)
- Young Scot - [Aye feel](#)

All information sourced by the Digital Wellbeing Group.



EQUALITY | RESPECT | LOVE

