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
- 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.

NOMINET
SOCIAL IMPACT

WHO CARES?
SCOTLAND

EQUALITY | RESPECT | LOVE