

Free Online Safety Guides



This week, we're bringing you **two** #WakeUpWednesday guides. The first one marks the advent of this year's Red Nose Day.

It's always comforting to be reminded of humanity's natural compassion: how, in adversity, we tend to rally round to help those less fortunate than ourselves. That's fundamental to Comic Relief, which raises millions every year to combat issues including poverty, homelessness, domestic abuse and mental health stigmas.

The theme of 2022's fundraiser is 'You' – inspiring people to do something, however modest, to brighten someone's day. A lot of those uplifting actions, we'd venture, can easily be accomplished online: so this #WakeUpWednesday, we've designed a display poster highlighting ways that we can all spread some much-needed happiness through the digital world.

Our second #WakeUpWednesday guide this week addresses the timely and delicate issue of speaking with children about worrying content they've seen online. Young people are so connected to the world through their devices that, by now, the vast majority will be acutely aware of the situation in Ukraine, even if they're not quite old enough to comprehend it fully.

Many will have watched or read potentially upsetting news items online covering the invasion - and, in all likelihood, will need extra reassurance from trusted adults during these unsettling days. Our guide has practical advice on raising the subject with young ones, allowing them to express their concerns, and helping them to avoid feeling overwhelmed by their fears.

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