

Useful links and resources for help and advice during the Covid-19 pandemic

Coronavirus: advice and support for parents and carers

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.

[Visit the hub here](#)

Coronavirus: safeguarding guidance and information for schools

NSPCC Learning has published a briefing pulling together key safeguarding guidance from all four UK nations on how to keep children safe during the pandemic. The briefing answers frequently asked questions including: who has to go to school; how should attendance be monitored; what happens if nominated child protection leads need to self-isolate or become ill; what should schools do about free school meals; and what happens with families who have contact arrangements or where parents are separated.

[Read the briefing here](#)

Coronavirus: tips to cope during lockdown

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.

[Visit the webpage here](#)

Coronavirus: online safety

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.

[Read the Thinkuknow story and download the packs here](#)

[Read the NCA news story here and the Guardian news story here](#)

Coronavirus and domestic abuse

The Home Office has published guidance highlighting help and support available to victims of domestic abuse during the coronavirus outbreak in England. The Welsh Government has announced a range of measures to help those at risk, especially those who may find it hard to seek help if they are isolated at home with a violent or abusive partner. The Scottish Government has made funds available to Scottish Women's Aid and Rape Crisis Scotland to ensure that access to these services is maintained during the crisis.

[Find the guidance for England here](#)

Coronavirus: supporting children and young people's mental health and wellbeing

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.

[Read the guidance here](#)

Coronavirus: disabled children and young people

The Minister for Disabled People, Health and Work, the Minister for Care, and the Parliamentary Under Secretary of State for Children and Families have published a joint statement to explain potential changes affecting disabled people in England under the Coronavirus Act. Children and young people with special educational needs and disabilities (SEND) are included in the statement which explains powers in the Act to provide temporary flexibility over how the education, health and care (EHC) plan process works.

[Read the guidance here](#)

Coronavirus: impact on children and young people

The Institute for Public Policy Research (IPPR) has published a report looking at the impact of the coronavirus outbreak on children and young people and calling on the Government to ensure that children and families are not at greater financial risk, and that existing inequalities in children's physical and mental health, educational attainment or living conditions do not grow as a result of the crisis. Recommendations include: the right to paid parental leave for those who need to look after children; an increase in benefits; measures to ensure all children can access online resources; and priority use of parks.

[Find the report here](#) and the [news story here](#)

Coronavirus: young people's mental health

Young Minds has published a report looking at the impact of the coronavirus outbreak on the mental health of young people. A snapshot survey of 2,111 young people with a history of mental health needs carried out between Friday 20 March 2020 (the day that schools closed to most children) and Wednesday 25 March 2020 (when there had been a further tightening of restrictions) found that, when asked what impact the pandemic was having: 32% agreed that it had made their mental health much worse and 51% agreed that it had made their mental health a bit worse. Key factors that young people said had affected their mental health include: concerns about their family's health; school and university closures; loss of routine and loss of social connection.

[Read the report here](#)

Coronavirus: homeless young people

Centrepoint has published a series of FAQs to support vulnerable young people who are homeless or facing the risk of being homeless during the coronavirus outbreak.

[Find more information here](#)