

# Advice and Support for Parents and Carers



# Quaranteened: helping teenagers cope with lockdown

Social distancing and self-isolation bring challenges for everyone, but teens face a particularly hard time. So how can you help?

- <https://parentinfo.org/article/quaranteened-helping-teenagers-cope-with-lockdown>



# Learning about online safety at home

Schools across the UK are now closed to most families. We know this is a difficult time for most parents. This [link on the next slide](#) is intended to provide you with support and resources to help you learn about online safety at home with your child.

## Parents and Carers Help sheets

- If you haven't already, the first thing to do is read the Parents and Carers Help sheets - there is one for primary and one for secondary. These contain key online safety advice and links to resources, as well as support services.

## Home activity packs

- Once you have read the Helpsheets, click on the links on the webpage to download your first home activity packs for each age range.
- Each pack contains two 15 minute activities to do with your child, using Thinkuknow resources. The next two will be released in a fortnight's time.



I would like advice on...



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# Home activity packs

**This page has been created to support parents during COVID-19 and the closure of schools. Each fortnight, we will be releasing new home activity packs with simple 15 minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home.**

[https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm\\_source=Thinkuknow&utm\\_campaign=03cb8440df-TUK\\_ONLINE\\_SAFETY\\_AT\\_HOME\\_24\\_03\\_20&utm\\_medium=email&utm\\_term=0\\_0b54505554-03cb8440df-64861337&fbclid=IwAR3eWUN0a0a\\_5orxVP9kpz16EAdCK38ljG3Kf4KMw7adJCYeH2zWl4N31c](https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-64861337&fbclid=IwAR3eWUN0a0a_5orxVP9kpz16EAdCK38ljG3Kf4KMw7adJCYeH2zWl4N31c)