

## How to guides

It can seem difficult to keep up-to-date with the technology that children use. You can find out much more information and support about digital technologies here.



**View and download our Whatsapp guide for parents**

View the H2 guide

(/Documents/ThinkUKnow/Parents/H2%20guides/2/24/WhatsappGuide%20for%20parents.pdf?epslanguage=en-GB)



## **View and download our ooVoo guide for parents**

**View the H2 guide**

**(/Documents/ThinkUKnow/Parents/H2%20guides/2/25/ooVoo%20guide%20for%20parents.pdf?epslanguage=en-GB)**



**View and download our Instagram guide for parents**

View the H2 guide

(/Documents/ThinkUKnow/Parents/H2%20guides/2/22/Instagram%20Parents%20Guide.pdf?epslanguage=en-GB)



## View and download our Kik guide for parents

View the H2 guide

(</Documents/ThinkUKnow/Parents/H2%20guides/22/Kik%20Messenger%20Parents'%20Guide.pdf?epslanguage=en-GB>)



## **View and download our YouNow guide for parents**

**[View the H2 guide \(/Documents/ThinkUKnow/Parents/H2%20guides/21/YouNow%20Parents'%20Guide.pdf?epslanguage=en-GB\)](/Documents/ThinkUKnow/Parents/H2%20guides/21/YouNow%20Parents'%20Guide.pdf?epslanguage=en-GB)**





YouTube

**View and download our YouTube guide for parents**

View the H2 guide (</Documents/ThinkUKnow/Parents/H2%20guides/21/YouTube%20Parents'%20Guide.pdf?epslanguage=en-GB>)



omegle

**View and download our Omegle guide for parents**

View the H2 guide (</Documents/ThinkUKnow/Parents/H2%20guides/21/Omegle%20Parents'%20Guide.pdf?epslanguage=en-GB>)



## Watch videos providing guidance on what parents & carers need to know about nude selfies

Watch videos (</parents/articles/Nude-selfies-a-parents-guide/>)

## Concerned?

If you're worried about your child and think something is not quite right, it's best to be on the safe side and find out more.

---

Where can I get help? (</parents/Get-help/>)

Report an incident to CEOP (</parents/Get-help/Reporting-an-incident/>)



Reporting a concern

(/Templates/MasterPages/Parents/#ctl00\_rptFooterLinks\_ctl00\_pnlReporting)

---

Get advice on...

(/Templates/MasterPages/Parents/#ctl00\_rptFooterLinks\_ctl01\_pnlReporting)

---

About thinkuknow

(/Templates/MasterPages/Parents/#ctl00\_rptFooterLinks\_ctl02\_pnlReporting)

---



(<https://www.thinkuknow.co.uk/>)



(<http://www.nationalcrimeagency.gov.uk/>)



(<http://ceop.police.uk/>)



(/parents/Footer/Visa/About-Visa-/)

© National Crime Agency 2015