

Staying Safe Online



March 2020



## “Stranger Danger”

We have all been taught from a young age that we should:

- Never accept gifts from a stranger.
- Never get in a car with a stranger.
- Never go anywhere with a stranger.
- Never go off on your own without telling your parents or a trusted adult.
- Never tell a stranger where you live, what school you go to or give them your phone number
- Never do things you know are inappropriate, illegal or dangerous.
  
- Always tell a trusted adult if you are worried about something

The rules for using the internet are just the same!!

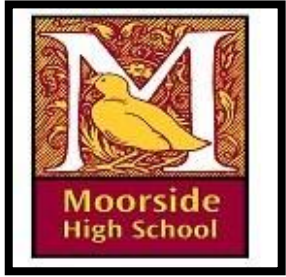


## Top tips for 11-19s

- Protect your online reputation: use the services provided to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.
- Don't give in to pressure: if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.



- Know where to find help: understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.
- Respect the law: use reliable services and know how to legally access the music, film and TV you want.
- Acknowledge your sources: use trustworthy content and remember to give credit when using others' work/ideas



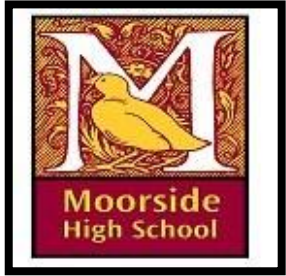
Snapchat checklist -

<https://swgfl.org.uk/assets/documents/snapchat-checklist.pdf>



Facebook checklist –

[https://swgfl.org.uk/assets/documents/facebook-checklist.pdf?\\_id=1553264115](https://swgfl.org.uk/assets/documents/facebook-checklist.pdf?_id=1553264115)



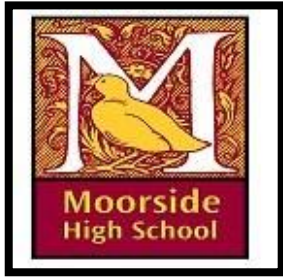
Twitter checklist

<https://swgfl.org.uk/assets/documents/twitter-checklist-2020.pdf>



Instagram checklist

<https://swgfl.org.uk/assets/documents/instagram-checklist.pdf>



Child Exploitation and Online Protection command

If you need to hide this site quickly, just click here



## Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

### Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.



### What happens when I make a report? →

One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.



### How can CEOP help me? →

Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.



**Make a report** 

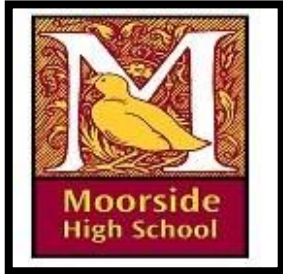
If you have been a victim of sexual online abuse or you're worried this is happening to someone you know, let us know safely and securely

**childline**

### Looking for further information?

Use the links below to find a range of information about keeping yourself or a child you know safe from child sexual exploitation

<https://www.ceop.police.uk/safety-centre/>



Home Need advice? Worried about a friend? HELP! News Q & A

# You. Your friends. The Internet.

Keeping yourselves safe,  
keeping the internet fun.

HELP! >

Need advice? >

Got a question? >

Worried about a friend? >

Thinkuknow friends:  
CEOP

Other Thinkuknow sites:  
4-7s  
8-10s  
11-13s  
14+  
Parents and carers  
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