STAYING SAFE ONLINE

When children spend time online they may be exposed to online abuse and cyberbullying. If this happens to you, you **MUST** tell a trusted family member, friend, club welfare officer or your teacher.

Cyberbullying/online bullying:

- excluding a child from online games, activities or friendship groups.
- sending threatening, upsetting or abusive messages.
- creating and sharing embarrassing or malicious images or videos.
- 'trolling' - sending menacing or upsetting messages on social networks, chat rooms or online games.
- voting for or against someone in an abusive poll.
- setting up hate sites or groups about a particular child.

Why do we use social media?

There are lots of benefits for young people when using social media. This includes staying connected with friends and family, enabling innovative ways of learning and creating new ways for them to express themselves.

Top tips for staying safe online

❖ **Set your profiles to private-** Think carefully about what you post online and who you want to see it. Consider setting your profiles to 'friends/followers' only.

❖ **Remember anything you post can be shared-** Even with strong privacy settings in place, it is important that you realise that what you post online is never really private and can be shared. It is therefore important that you always think before you post.
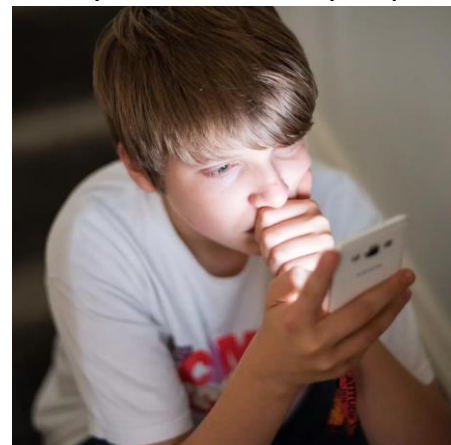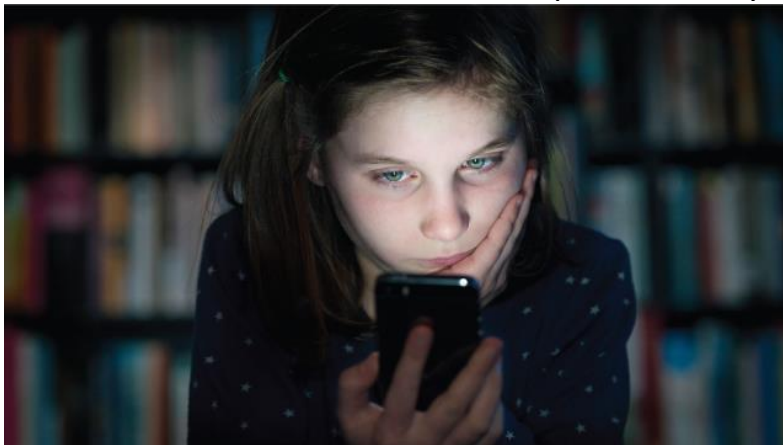
❖ **Recognise the fakes-** Not everyone on social media will be who they say they are. There can be young people and adults who pretend to be someone else and could cause you harm. For example they may want to trick you into sharing private or personal information that they could use against you. It's important that you never meet up with someone you don't know, and that you always let an adult know where you are going and who you are meeting. There have been occasions where children are tricked into meeting adults who then cause them harm.

❖ **Let your friends and family know about your online choices-** Other people will never respect your privacy as much as you do. Make sure your friends and family know your preferences about uploading pictures, tagging your location or sharing information you expect to be confidential. This works both ways, so make sure that you respect other people's privacy in the same way.

❖ **Block anyone who bothers you-** All social media sites allow you to block people who you don't want accessing your account. It is not permanent and they won't be notified. You may also have the option of muting someone so they don't know you can no longer see their posts.