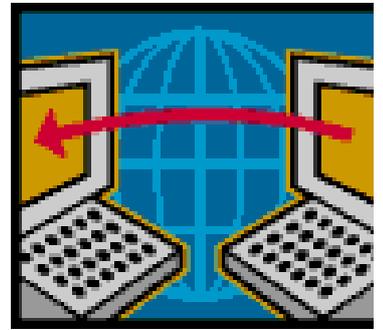# Top Tips for staying safe on-line:



### Be careful what you share online
When you choose a profile picture for a social networking website like Facebook or Twitter, avoid photos that could give strangers clues about where you live. Check your privacy settings regularly. Think about what should be shared in public and what shouldn't.

### Think before you post
Don't upload or share anything you wouldn't want your parents, teachers or friends seeing. Once you press send, it is no longer private.

### Never reveal your passwords
Use strong passwords that are hard for others to guess, using a mix of letters and numbers. Keep passwords to **yourself** and change them regularly.

### Be careful who you chat to
If somebody you don't know adds you as a friend, ignore them and delete their request. Don't share personal information like your address or phone number with somebody you don't know.

- Use anti-virus software and make sure that you keep it updated.
- Check a website is secure before entering private information such as passwords or payment details - a padlock symbol or https should appear in front or after the web address in your browser.
- If you receive an email from a stranger, think before clicking on a link or an attachment - it could contain a virus.
- Unplug your webcam, cover the lens or point it at a blank wall when not in use.
- Never meet up with people you've met online - not everyone is who they say they are.
- Never post anything cruel, nasty or offensive, even if you're angry. You never know how it will affect someone and you can't take it back.

- If anything makes you feel upset, scared or uncomfortable, **tell a trusted adult** such as a parent, teacher or call ChildLine (0800 1111).

## Sexting

This is when someone sends or receives a sexually explicit text, image or video on their mobile phone, usually in a text message.

# What is sexting?

When people talk about sexting, they usually refer to sending and receiving:

- naked pictures or 'nudes'
- 'underwear shots'
- sexual or 'dirty pics'
- rude text messages or videos.

They can be sent from a friend, boyfriend, girlfriend or someone you've met online. You might have also sent a sexual photo, video or text to someone else.



# Sexting can happen for lots of reasons. You might:

- feel like 'everyone else is doing it' and want to fit in with in with
- worry about being seen as 'not sexy'
- feel under pressure to sext as a way of 'proving' your sexuality
- feel harassed, threatened or blackmailed into sending pictures
- feel it's easier just to 'give in' to somebody who keeps asking for things

## Before you send a photo, think about:

**What could happen to it?**
Once you press send, it is no longer in your control. It can be posted anywhere on the internet. It could end up on social networking sites or even porn sites.

**Who might see it?**
Don't send anything you wouldn't want your parents, teachers or friends seeing. Even if you completely trust someone, other people using their phone might accidently see it.

**What are the risks?**
Even if you use a webcam or an app like Snapchat, the person can take a screen shot in seconds.

**Who are you sending it to?**
Would you feel weird if you were going to do something sexual with them in person? Would you be able to have a conversation about sex with them?

FOR IMFORMATION ABOUT ON-LINE GROOMING VIIST childline.org.uk, click on the Explore icon and then on-line safety

**Useful Websites that can help:**

How to stay safe online
Think U Know?

How to stay safe when you're chatting online
Chat Danger

CEOP is here to help young people report somebody
CEOP Reporting site

Information on webcam and online safety
BBC WEBWISE

You & Co has advice about online bullying and how to report this.
You & Co