

Epping Forest

crucial crew 2020

staying safe, fit and healthy



Online safety

Supported by



online safety



Ready for social media?

- Want to stay in touch with your friends online? You'll know there are lots of 'social networking' websites and mobile apps that people use to chat, comment, share pictures and game with their friends.
- You probably also know that for most of these sites, like Snapchat, Facebook, Instagram or Twitter, you need to be at least 13 years old to sign up. For some, like Whatsapp, you need to be even older.
- If you're under 13 you shouldn't be using them – you'll be breaking their rules and could be putting yourself at risk.

Why?



- There are lots of reasons why these sites can be unsafe for young people, even those over 13, so it's important that you don't use them until you know how to do so safely.
- Remember - there's no rush to start social networking and there are plenty of other ways to stay in touch with your friends, chat and game until you're ready to use them safely.
- If you're already using social networks, make sure you know what the risks are and what you can do to be safer.



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

online safety



S

=

SAFE

Keep safe by being careful not to give out personal information – such as your name, email, phone number, home address, or school name – to people you do not trust online

M

=

MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then, only when they can be present.

A

=

ACCEPTING

Accepting emails, IM messages, DMs, or opening files, pictures or texts from people you don't know or trust can lead to problems. They may contain viruses or nasty messages!

R

=

RELIABLE

Someone online may be lying about who they are, and information you find on the internet may not be reliable. **THINK!** Don't believe everything you read on screen!

T

=

TELL

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried.

online safety



Top Tip!



"Only post things online that you are happy for your granny to see!"