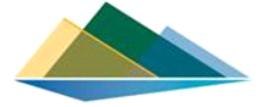


#internetsafety
#publichealth5-19service



INTERNET SAFETY FACTSHEET

This factsheet will provide you some helpful tips on keeping yourself safe online as well as some links to lots of very useful websites.

TOP TIPS ABOUT INTERNET SAFETY:

The internet is a public and open place where anybody can post and share information. This information never goes away and will be linked to you permanently.

Tip 1: Check your privacy settings; who can access your social media pages? Consider the effects on your social, educational and future work life. Have you searched for yourself online recently?

Tip 2: Positive posts; Think about who will see your posts and what your posts say about you. Are you proud of what you're putting out there?

Tip 3: Who is contacting you! Think before responding to an unknown person, are they who they say they are? Is the image you can see really them?

Tip 4: Dubious contacts; if anyone unknown is bothering you or your friend online contact CEOP and CHILDLINE for them to investigate. Check your privacy settings and block them

Tip 5: Age appropriate; should you have an account on this social media app? Should you be playing on this game? Age guidance is for a good reason to protect you from material which you may not be ready to see or able to understand. If you are gaming age appropriately, make sure any younger siblings/relatives are not able to see or hear it

Tip 6: Bedrooms are for sleeping; ensure that you get a good night's sleep by keeping devices out of your bedroom, try to stop looking at screens at least an hour before going to bed to allow your brain to wind down

Tip 7: Online friendships; it is an important part of your life staying in touch with friends through various devices. Consider what you say and how you say it, it's easier to be hurtful or rude through messaging/snapchat/gaming. Make time to see friends and do activities with them and talk to one another.

Tip 8: Family time; encourage your family to have device free meal times, so you can talk to one another and be sociable. This is important for all of you and is a great opportunity to discuss what you're enjoying and what you're looking forward to

Tip 9: Help your Parents! Yes, they don't always know everything and often need help with setting up devices and applying privacy/security settings to protect their information as well as you and younger siblings

Tip 10: Deactivate and delete; any apps, web-pages and social media sites you are no longer using to prevent hacking and identity theft

Tip 11: Use an app on your smartphone to limit your notifications and help you manage your time spent on your phone

VISIT THESE USEFUL WEBSITES

[Digital 5 A Day | Children's Commissioner for England](#)

www.kidscape.org.uk

www.kidpower.org

www.iwf.org.uk (Internet Watch Foundation)

www.childnet.com/parents-and-carers

www.parentzone.org.uk

www.bullying.co.uk

www.healthforteens.co.uk

www.nspcc.org.uk

www.thinkuknow.co.uk

MOBILE PHONE APPs

Flipd

Glued

NHS Go

Mute – screen time tracker

Most WiFi networks will now incorporate a facility to manage internet access in the home and on different devices (N.B. This may be dependent on your account).