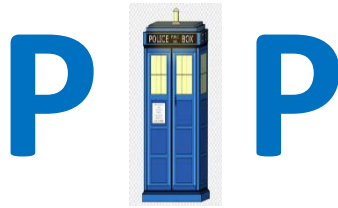


OFFICIAL



Police Information Posts



**ONCE YOU POST A COMMENT OR A PICTURE ONLINE
YOU LOSE CONTROL OF IT.**

The internet and use of social media is great fun and is there to be enjoyed. **HOWEVER** if you misuse it there can be negative consequences for you and others. Unfortunately there are also internet users who want to do us harm over the internet and social media!!!

Here are a few reminders on how to keep safe over the internet and social media so that you don't suffer from any negative consequences and don't leave yourself wide open to be contacted by people who want to do us harm.



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- Have your settings on private – Stay in control
- Don't give out personal information (Name, DOB, Address, Location, Email, Telephone No, location)
- Only accept friend requests from people you know
- Don't meet people from the internet on your own
- Think carefully before posting photos or videos of yourself. Once you've put a picture of yourself online, most people can see it and may be able to download, share it, print it... IT'S NOT JUST YOURS ANYMORE.
- Report any threats, blackmail or coercion. Please do not be persuaded or bullied into doing something you don't want to do.
- Think about your profile picture (it can give out lots of information about you)
- Think carefully about what you say before you post something on line.
- Keep photos appropriate
- Don't give out passwords
- Report/tell someone about concerning behaviour

REMEMBER - PEOPLE WHO USE THE INTERNET ARE NOT ALWAYS WHO THEY SAY THEY ARE?

How long does information stay online?

Potentially forever. It can be copied, changed and used elsewhere and may never be completely retrieved from the digital world.

ONCE YOUR PHOTO GOES ON SOCIAL MEDIA YOU'VE LOST CONTROL OVER WHAT HAPPENS TO IT!!!!

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Who could potentially see information online, now, and in the future?

Parents/carers, Teachers, Employers, Universities/Colleges, Anyone searching the web, People who might want to cause you harm.

Remember this can have a negative impact on you in years to come.

Who can you report concerning behaviour to?

CEOP, Police, Teachers/support teachers/school staff, parents and carers, family members, social worker, family support worker, friends, Child line

There is always somewhere you can go for help and advice

- www.ceops.gov.uk
- www.childnet.com
- www.theparentzone.co.uk
- www.thinkyouknow.co.uk



REMEMBER - If things go a step too far, report directly to Click CEOP



www.clickceop.net

The banner features the CEOP logo (Child Exploitation and Online Protection command, A National Crime Agency command) on the left. The main text asks, 'Are you worried about online sexual abuse or the way someone has been communicating with you online?' and prompts users to 'Make a report to one of CEOP's Child Protection Advisors'. Three informational boxes are shown: '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.), and '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.). A prominent yellow 'Make a report' button is centered below the boxes. At the bottom, a note states: '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'. A 'Quick exit' button is visible in the top right corner of the banner area.

REPORT IT TO CEOP

CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them.

If you've met someone online, or face to face, and they are putting pressure to have sex or making you feel uncomfortable you should report to CEOP.

This might be someone:

- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on camera
- Asking for sexual pictures of you
- Making you feel worried, anxious or unsafe

If this is happening to you, or you've worried that it might be, you can report this to CEOP.

www.ceop.police.uk/safety-centre

REPORT TO THE SITE

If you are worried about something that's been shared or said on a Social Network you might be able to report it to the website.

TALK TO SOMEONE – CHILDLINE

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Childline is a free helpline for children and young people. You can contact Childline about anything. No problem is too big or too small. Whatever your worry, its better out than in.

Childline is a private and confidential service. Confidential means not telling anyone else what you've said. This means that whatever you say stays between you and Childline.

They would only need to tell someone else if:

- You ask them to
- We believe your life or someone else's life is in immediate danger
- You are being hurt by someone in a position of trust who has access to other children
- You tell us that you are seriously harming another young person

Call them on 08001111. (The number won't appear on your phone bill)

You can also visit www.childline.org.uk to speak to a counsellor online.

