

# Digital safety

## Aim to have a positive digital footprint!

You may not realise it BUT every time you go online you leave a trail!! However, the internet can be used safely to post lots of positive information about you, such as creative activities you are involved in, blogs, fundraising activities or clubs in the area.

So aim to keep yourself safe and don't put too much personal information about yourself online and focus on doing positive things. It would be rubbish if you missed out on a job or university opportunity because of bad content you posted online about yourself or somebody else. If you are unsure about how to create a positive digital footprint, ask a trusted adult to help you.

### Important things to consider

You will also need to think about some of the big risks of being online. These include sexting and online grooming.

#### What is sexting?

Sexting usually refers 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 easily happen and things can go badly wrong, such as the content shared with a large number of people or being bribed to post more images. However, you have the right to say no and not be pressured into doing anything you don't want to do. Ask them to stop, but if they're still bothering you or making you feel upset it's okay to block them.

#### What is online grooming?

Grooming is when someone builds a relationship with a young person and tricks them or forces them to do something sexual. It might include trying to meet up with the young person. People who do this often lie about who they really are and this can happen online as well as face to face. Even though you might think it is your fault and at any point which you are worried, remember it is NEVER too late to tell a trusted adult or report it to CEOP.

### How to stay safe using technology

We all want to use technology and have fun online, but we all need to keep safe and act responsibly towards each other. The following tips will help keep you and your friends safe:

- Regularly check your privacy settings so only people you know can see your profile.
- Think about who could be watching. If you are about to post something online, pause and imagine someone at school/college, or someone you respect seeing that post or photo. If it feels wrong, don't post it.

- Don't use your real name in chatrooms or forums, use a nickname instead.
- Don't tell strangers where you live, your phone number, email address or where you go to school. Only your friends and family need to know that.
- If you do decide to use a chatroom, use a public one, not private, where there are only two people.
- Stop and think about the kind of photos you post online. Once it is on social media you have no control of who sees it.
- Delete old accounts. If you have stopped using a social media site or forum, then close it down. It avoids leaving personal information out there which could be used for identity fraud.
- Don't agree to meet up with people you have only spoken to online.
- If you receive any messages or pictures that worry or upset you talk to an adult you trust. You may also report it online, via the thinkuknow website.

## Who can help?

- School Nurse
- Teacher
- Friend/Relative
- Parent/carer

## Contact

**If you are worried about yourself or a friend remember to speak to a trusted adult or contact:**

- [www.ceop.police.uk](http://www.ceop.police.uk) 0870 000 3344
- [www.thinkuknow.com](http://www.thinkuknow.com)
- [www.childline.org.uk](http://www.childline.org.uk)