

Safeguarding Team

Online Safety Advice

13+ Year Olds

October 2022

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Privacy	
What you need to know:	Key advice:
<p>Whenever we engage with something online, we tell the online world a little bit about ourselves. This includes posting, leaving comments or liking and sharing other people's content. This is known as our 'digital footprint.'</p> <p>It is important that you protect your digital footprint, as this will be linked to you for the rest of your lives.</p> <p>You can protect your digital footprint by using privacy settings. These are the options available to you on apps and platforms that allow you to choose who can see what you post and share. The privacy settings are usually found under 'settings' or 'my account' on apps, websites, and devices.</p> <p>Common privacy settings include:</p> <ul style="list-style-type: none"> ▪ Making your account private ▪ Turning off location tracking ▪ Controlling who can see, comment on or share your posts ▪ Controlling who can tag you in their posts ▪ Controlling who can send you direct messages 	<p>Know your audience</p> <p>Think carefully about who you want to be able to view your content.</p> <p>Check privacy settings</p> <p>Review your settings to make sure they reflect the type of content you want to see.</p> <p>Think reputation</p> <p>Know what your online reputation looks like by Googling yourself</p> <p>Keep updated</p> <p>Update your profiles regularly and change or delete information that you'd rather other people didn't see.</p>

What you see online	
What you need to know:	Key advice:
<p>Being online is a great way to explore and develop an understanding of the world. With so much content available online, it is possible that you are going to see something online that upsets you or makes you uncomfortable. This could be photos or videos that make you uncomfortable, comments or posts that are upsetting or information that is false. You will need to make decisions around the type of content you want to see online and how you respond to it. Be mindful that the algorithms used on social media platforms are designed to show you more of the content that you appear to like, so if you have already viewed some harmful content, it is likely that you will be shown more of a similar type.</p> <p>You may also see content online that does not appear to be harmful but may change the way you feel about yourself, especially on social media. Lots of accounts are heavily edited to make the users and their lives seem perfect. It can be difficult not to compare your own life and images to these seemingly perfect ones and sometimes this can leave you feeling bad about yourself.</p>	<p>Review your settings</p> <p>Think about changing your privacy settings to avoid seeing unwanted content</p> <p>Keep an open mind</p> <p>Avoid believing everything you read online. Check your facts from different sources of information.</p> <p>Be mindful of algorithms</p> <p>Remember that platforms are designed to show you more of the same content, so think about the type of content you choose to engage with.</p>

Connecting with others online	
What you need to know:	Key advice:

<p>Meeting people online who share the same interests as you is one of the best bits about being online. But how do you know if the person you are talking to is <i>really</i> who they say they are?</p> <p>Remember that there are some people who use online platforms to meet young people to cause them harm – it's not always easy to spot them. When meeting new people online, trust your instincts and tell someone if something doesn't feel right or you're made to feel uncomfortable.</p>	<p>Check your privacy settings</p> <p>Use your privacy settings to help manage who you connect with.</p> <p>Trust your instincts</p> <p>Sometimes you may have a physical feeling that things are not right with an online relationship. Speak to a trusted adult if you feel this way.</p> <p>Report and block</p> <p>If someone is making you feel uncomfortable online, report and block and seek advice from a trusted adult.</p>
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Online behaviour	
What you need to know:	Key advice:
<p>Being online and connecting with others all over the world is an amazing experience. But just like in the offline world, you need to think about the appropriate way to behave online. It can be easy to feel pressured into behaving in a certain way online, especially when creating and sharing your own content. You should take time to reflect on how this content could impact on others and most importantly, on you and your reputation.</p> <p>Remember, all content posted online can be easily copied and shared widely. The way you choose to present yourself online will be available for others to see for the rest of your digital life, so thinking about how your online</p>	<p>Take a moment</p> <p>Stop and think before posting online – would you be happy with everyone you know seeing this?</p> <p>Think reputation</p> <p>Think about how your actions online now could be viewed in the future and impact on your future self.</p> <p>Pressure</p> <p>Tell a trusted adult if you are being pressured into behaving in a way that makes you uncomfortable.</p> <p>Report</p>

actions may impact on you in the future is a worthwhile exercise.	If you feel someone is behaving inappropriately online, report it to the relevant platform or tell a trusted adult.
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Reporting	
What you need to know:	Key advice:
<p>We know that it can be hard to report – sometimes you may feel that you do not want to draw attention to yourself or make life difficult for those around you. You may feel that you can deal with some online issues by yourself, but it is important to know you can always seek help and advice from an adult you trust. Asking for help isn't a sign of weakness. Instead, it may help you manage a difficult situation before it gets out of control.</p>	<p>Tell a trusted adult</p> <p>If something happens online that has made you feel upset or uncomfortable, tell a trusted adult.</p> <p>Block</p> <p>If someone is bothering you online and you want them to stop, block them.</p> <p>Report</p> <p>If someone has sent you something that makes you feel uncomfortable, report it to the relevant platform.</p>