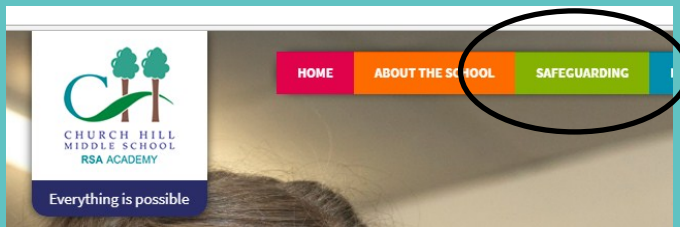




If you have any worries about online activity, TALK to someone.



Visit the SAFEGUARDING section on our school website to find help-guides of more detailed information on how to keep your social media accounts safe.



# A GUIDE TO YOUR LIFE ONLINE.

By the children of Year 7 & 8

How to keep safe on social media or online games



# Cyberbullying

160,000 kids stay home from school every day because of fear of bullying.

Suicide is the third leading cause of death among young people, resulting in about 4,400 deaths per year. Much of this is thought to be because of bullying.

Cyber bullying is where you're not nice to someone or you constantly say bad things about them. Make sure to be nice to people and say good things about them. If you are bullying someone online, think about what you are saying because the person you are doing it to might end up killing themselves or be very depressed.

Remember that online comments have just as much, or even more, impact than comments made in the real world. *If you wouldn't say it in real life—don't say it online!*

If you know this is happening to someone, **tell**.

Also, filling up your friends' Facebook feeds with positive posts instead of negative ones can boost their morale.

**Be smart on the internet**

Childnet International  
www.childnet.com

**S SAFE** Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password. **ZIP IT**

**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. Remember online friends are still strangers even if you have been talking to them for a long time.

**A ACCEPTING** Accepting emails, IM messages, 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! **BLOCK IT**

**R RELIABLE** Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows. **?**

**T TELL** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) **THINK UK KNOW**

[www.kidsmart.org.uk](http://www.kidsmart.org.uk) **FLAG IT**

KidSMART Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

The Internet is a great place to learn and have fun, but there can be dangers if you do not use it **safely** and **responsibly**. This booklet has been designed and written by our KS3 pupils to remind you of how, by taking the time to set certain settings correctly and thinking carefully about how you use apps, you can keep yourself, your technology and your family safe online.



<https://www.stopspeaksupport.com/>

[bullymenot@churchhill.worcs.sch.uk](mailto:bullymenot@churchhill.worcs.sch.uk)

# My digital footprint



Whenever you go online you leave behind information about yourselves.

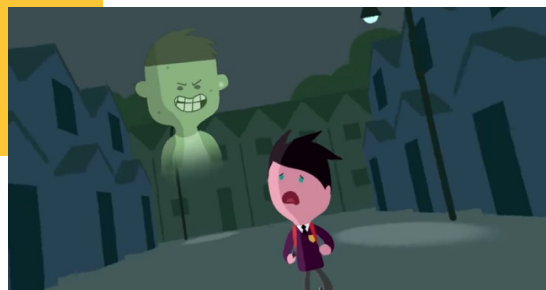
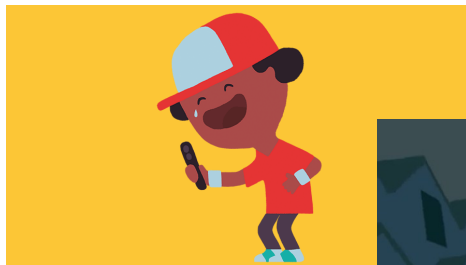
This is referred to as our 'digital footprint'.



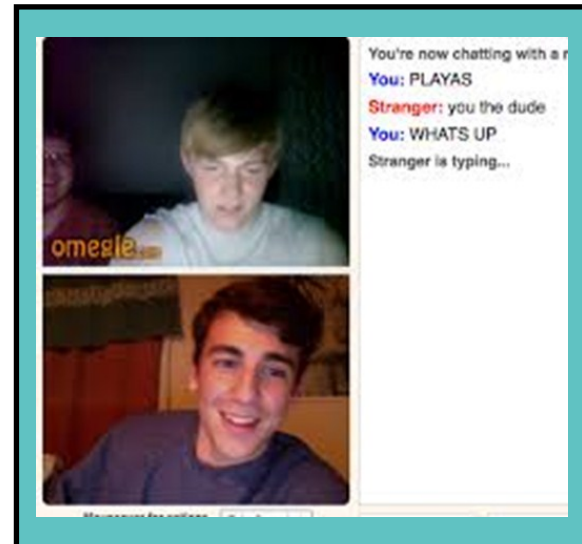
What does your online profile say about you?

What would a future employer find if they searched for you online?

Once you've uploaded, it is never really possible to remove things completely from the internet.



This is *very* dangerous.



The reason being is he is a stranger and he may lie and act like he is nice and careful, whereas he could be a stalker, or worse.

In my opinion, this is a very unprotected website and doesn't have any awareness of who you are about to talk to.

Also, it is a bit weird how all you have to do is download an app, make an account and suddenly you can talk to strangers 24/7, which is not very appropriate and something that you wouldn't do in 'real-life'.







## Who can help?

Many children having issues online do not feel confident, or able to speak to a parent, friend, or teacher, even though they know that is the right thing to do.

If you find yourself in that situation, you can contact one of these...

If you want to call the  the number for adults is 0808 800 5000

### Help for children and young people

Call  on **0800 1111**



Are the 'internet police'.

They can help with all issues online.



**Our school bullying reporting email:**

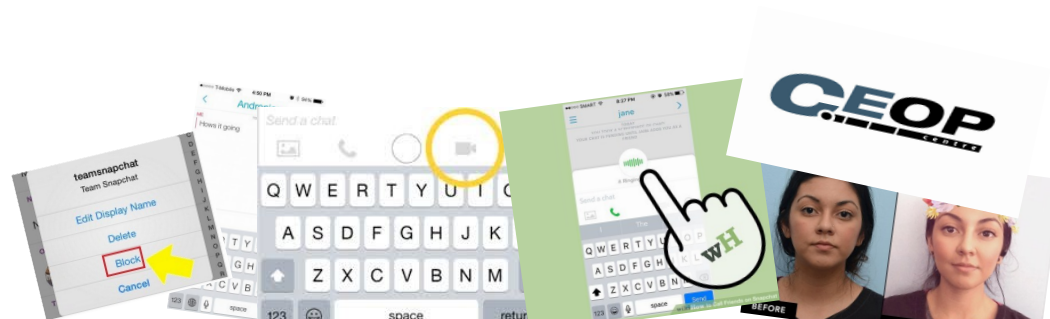
**[bullymenot@churchhill.worcs.sch.uk](mailto:bullymenot@churchhill.worcs.sch.uk)**

# snapchat



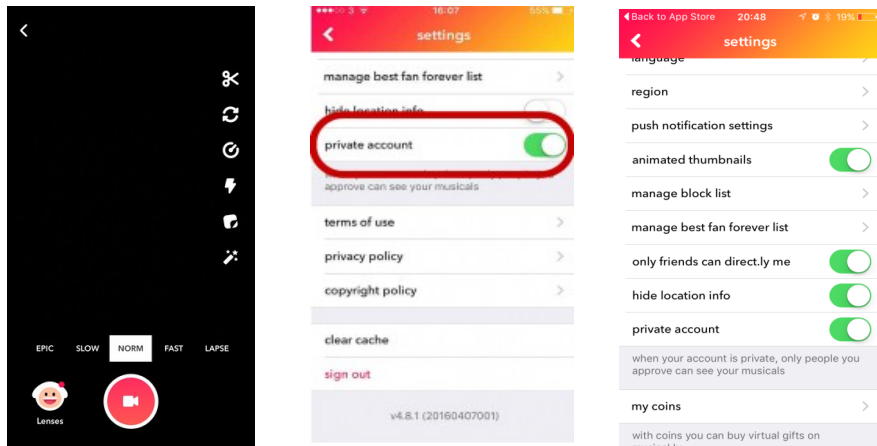
Snapchat is a fun photo and filter app where you can connect with your friends and family. But not everyone uses this fun app responsibly, so there are very big possibility's of cyber bullying. The ways that this problem can be stopped are:

- Always check who has requested to follow you or who has attempted to text you etc.
- Don't update your snapchat account in school uniform or share personal information.
- If anyone that you don't know tries to get in touch with you and is texting inappropriate things block and report them, to someone who will listen, such as: CEOP, parents, friends and the snapchat creators.
- You can turn off your map if you don't want strangers/friends to know where you are.
- There could also be issues with cyber bullying; if it does happen make sure to tell someone of authority, and block people who are mean to you.





Musical.ly is a video social network app for video creation, messaging, and live broadcasting. This app has a place where you can talk and other users (musers!) can comment on your Musical.ly videos.



The risk of having this app and not being safe, is the possibility of someone **faking their age**, gender, name, etc.

For example, there was a man going round on musical.ly that was making up names and accounts, saying that he was a little girl. However, he wasn't a little girl at all and also, he was saying **inappropriate** things to a child. That child then **did the right thing by telling** her mom what was going on. Her mom then spread the word and then other parents were aware and told their children. Another thing they should have done is contacted musical.ly itself because they can **block that person** and report to the police, if needed.

If this ever happens to you or you are aware of it happening to someone, please make sure you tell.

**Do not open messages from strange people, just in case**

## Inappropriate images



**Think carefully about what you post online.**

If you get a text message saying "send me a nude" or anything like that then **DON'T** send anything rude or inappropriate. The reason for this is because it could get to millions of people, but you might think that if you send it to one person then it's going to stay with that one person.

These images can easily be spread around social media within minutes; even if you send it private they could screen shot it and send it to everyone *so be careful*. When sending nudes you have to be aware of where that picture can end up.

Many people are blackmailed after sending a picture of themselves. Predators will blackmail by saying, "If you don't send more nudes, then I'll show people the picture."

Sometimes you won't realise what someone is asking you to do is inappropriate. Maybe that person will be kind to you and give you things online, but then they will start asking for things in return ; maybe even sexual things, or nude pictures; these are some of the signs you are being groomed.

If someone sends you an inappropriate photo, then tell someone and speak out.



# ONLINE GAMING



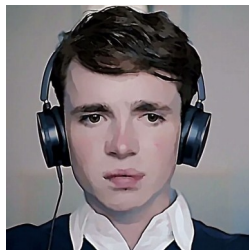
Here are some tips to help keep you safe during your gaming career.

Sometimes downloading cheats on a game could lead to viruses/system hack.

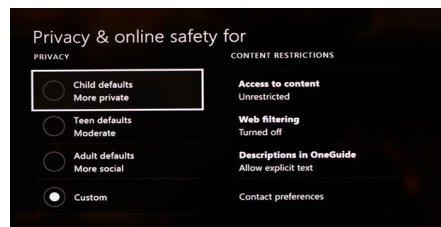
Children may view inappropriate or upsetting content if they play games that aren't suitable for their age. This could include sexual or violent material. It might be in-game content or produced by other players. Remember the PEGI guide:



Some players can be abusive towards others or try to exclude them from the game. Some players may also hack another user's account or try to steal and destroy their virtual possessions. This can be as upsetting for a young person as if it happened in real life.



Children may play with adults they don't know. People of all ages play games. Some adults may exploit this and try to groom you. **So be careful.**



Parental controls are divided into two groups: console controls and online safety and privacy settings.

Console controls are located in the Family Settings or Family Centre area on your console (depending on your Xbox Live membership type).

On your console, go to Settings, and then select Family do this and you will be safe online.

**Twitch** is an app you can get so you can live stream yourself. This app is dangerous because anyone could watch your videos, if you're not careful.

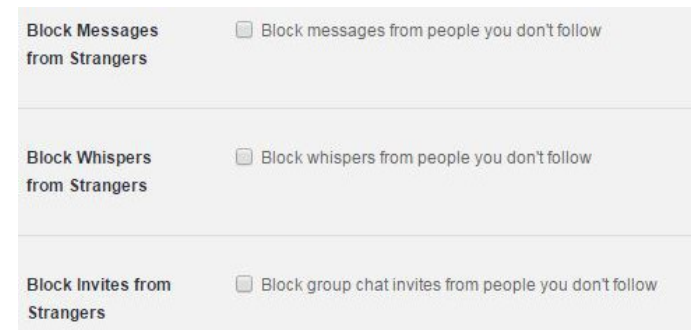


**If you do not want everyone to watch you, then you can make it private.**

**However, most people don't do that so be careful.**

If you use the app then you know that there are different kinds of people on it.

Some people can be really nice, but some nasty people can leave mean comments in the chat box.



**Check your settings**

**Some people might say weird things on there, so that is why you should make your account private on the app.**

**In people's bios they leave their phone number, email and Instagram details, which is obviously a really bad idea! Don't do this!**



- If you do not feel safe with showing your face on the video or screen then simply **do not**.
- You can also put your **videos on private** or **disable your** comments on video which can stop other people on the app leaving hateful comments on your videos or account.
- **Report users who and hateful towards you** or anyone else
- Certain videos containing disturbing content are either deleted by the you tube team or they simply can't be uploaded, viewed or they disable the account, but often **bad things get through**.
- If there is something on YouTube that can effect you or someone you know **report it to YouTube**.
- Accounts can be taken down for posting inappropriate content, **but only if we report inappropriate content**.
- Clickbait can sometime effect the viewer. Content might not be as described in the thumbnail. **So be careful**.



Facebook can be an easy place for bullies to attack or embarrass people with pictures or words. Facebook is sometimes used by under-aged people who don't understand Stranger Danger or how to deal with bullies.

Facebook is a social networking website for meeting new people and liking people's posts. But Facebook can also lead to dangerous things, if you are not careful .

There are some people who try to HACK on your account. This happens to any social media app not just Facebook. Hacking is when some one who breaks into your account weather its to do with your bank account or your details on you media app.

- keep your personal details, or uniform, addresses logos safe and to yourself.
- Do not accept someone's request, calls or texts if you don't know them.
- REPORT or BLOCK any inappropriate behaviour.
- If your experiencing cyber bullying, tell a responsible adult.
- Keep your account on **private** so only your friends can see your posts and not the whole world.
- Don't meet a person you've never met without an adult with you or else you will be in danger. If you do meet a person from the internet make sure you have a trusted adult to supervise you to make sure you are safe and out of danger.

If you post a video or photo on Facebook they always stay on there even if you have deleted them. Because of this, you should not post photos or videos that you feel are not appropriate for everyone online to see.

**Remember:** *if you use a few of these social media apps, keep a different password for each.*  
*This will help stop you getting hacked.*