

Safer Internet Health Check – 5 Useful Safety Tips

1. **Protect Your Reputation** – Manage your digital footprints – *take control* of how you're viewed in the digital world

- Think before you post
- Content posted online could last forever
- Content could be shared publicly by anyone
- Do the 'billboard' check – think: "Would I be happy to see this on a giant billboard where the rest of my school, my parents, grandparents and friends could see it?" If not, think twice about sharing it
- The more you share, the more people will learn about you. Could they use your posts against you?
- What can your friends share about you? – It's worth remembering that your friends' privacy settings and *what they choose to share about you* can also affect your digital footprint
- Don't give in to pressure - if you lose your inhibitions you've lost control; remember, once you've pressed send you can't take the content back.
- Review old content – what you liked at 12 might be embarrassing when you're 17
- Close old accounts when you move on to a new network – you don't want anyone impersonating you

2. **Know where to find help** – take time to get to know the apps and sites you're using.

- Do you know how to remove content?
- Do you know how to block someone?
- Do you know how to report someone?
- Do you know where to go to find help?
- Use strong passwords – and don't share them!
- Reputable websites have a 'safety centre' explaining how to remove content
- If someone's posted something about you that you're uncomfortable with and refuses to take it down, make sure you know how to report it.

You have the power! Knowing how to block or report someone posting upsetting or inappropriate content can be crucially important. It's *never too late* to tell someone if something happens that upsets you.

3. **Respect the law** – knowing what you can and can't do online can save you from getting into a lot of trouble.
 - **'Copyright'** – don't use other people's stuff. This includes downloading movies and songs. Use reliable services to legally access the music, film and TV programmes you like.
 - **'Libel'** – This is the legal term for any 'written' statement that hurts someone's reputation. Libel can affect anyone – celebrities, teachers... neighbours! People can sue for defamation or, at school, a disciplinary action may be taken.

4. **Know your audience** – By controlling your settings, you can help 'personalise' your social media experience!
 - Tough crowd? If you're getting a bad response, don't respond. Block, or, if the content sent to you is upsetting, report and alert
 - Choose your friends wisely - it's always best to only share with friends you know in the real world
 - As in the real world, not everyone in the digital world has good intentions – people may not be who they say they are
 - Will your content be respected? Once you share something online, it's no longer yours. Even if you delete it, you can't be sure that it hasn't been downloaded or copied. Remember, it's easy for people to copy what you share and share it, or even alter it, without you being aware

5. **Know the power of personal details** – 'personal details' isn't limited to your email address or mobile number. People can locate you by piecing together lots of smaller details. Think of connecting all or some of the following bits of information:
 - Your full name
 - Your school or college
 - If you live in a small town
 - Your hair colour
 - Local landmarks (tube stations, statues, sports grounds etc.)
 - After school clubs, gigs you've line up, sports teams you play for
 - Piercings or body markings (tattoos, birthmarks etc.)
 - Photographs
 - Tagged information from friends on Facebook or other social networking sites
 - Gamer tags

You're Not Alone: There are lots of helpful places to go to for advice:



Advice, games and quizzes

[UK Safer Internet Centre](#)



Helpful site for young teens

[Thinkuknow - 11-3](#)

[CEOP](#)



'Child Exploitation and Online Protection Centre' - helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. Ceop can also help with bullying, sexting and all round e-safety advice.

[Childline](#)



From the ChildLine website: *"If you are worried about anything, it could be something big or something small - don't bottle it up. It can really help if you talk to someone. If there is something on your mind, ChildLine is here for you."*

Safety Centre - <https://www.facebook.com/safety/groups/teens/>

Reporting content - <https://www.facebook.com/help/181495968648557/>



Safety Centre - <http://www.youtube.com/yt/policyandsafety/en-GB/safety.html>

Reporting Content - <http://www.youtube.com/yt/policyandsafety/en-GB/reporting.html>



Safety Centre - <https://help.instagram.com/369001149843369/>

Rules - <http://www.tumblr.com/policy/en/community>



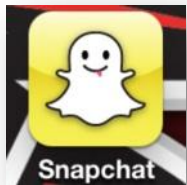
If you email Tumblr about harassment:

- Use the keyword "harassment" in your title and in your email.
- Take a screen grab as evidence and attach it to your email
- Put your Tumblr link and the details of the person harassing you in the email – give as much detail as possible.



Rules - <https://vine.co/rules>

Contact and reporting - <https://support.twitter.com/forms/vine>



Safety and abuse guide - <https://support.snapchat.com/ca/abuse>



Blocking contacts - <http://www.whatsapp.com/faq/en/general/21242423>



FAQ - <https://telegram.org/faq>



Help including blocking users - <http://help.line.me/line/ios/categoryId/10000340/pc?lang=en>