

E-SAFETY

WHO TO SPEAK TO?

If you are being bullied online or have suffered from any of the topics listed on this wall the following are some of the people you could speak to

Your Parents or another adult



A Teacher or senior teacher
such as your Director of
Behaviour and Guidance)

Other useful contacts: -

Barnardos - www.barnardos.co.uk

ThinkUknow - www.thinkuknow.co.uk

NSPCC - www.nspcc.org.uk

**Child Exploitation and Online Protection
Centre (CEOP) - ceop.police.uk**



CYBERBULLYING

This type of bullying makes use of mobile phones and the internet to bully you and other individuals. Cyber bullying doesn't just happen at school with many cases occurring outside the classroom, this is because cyber bullying can occur in a virtual world which has a 24/7 nature.

Cyber bullying is on the rise with 48% of young people saying they had suffered from a form of cyber bullying at some time in the past

Remember, with the increase in new technologies such as smartphones and Facebook comes even greater risks

HOW TO DEAL WITH IT

- Tell your parents & the school**
- Save all evidence of it, whether via phone or computer**
- Block the bully by contacting your mobile phone company or the media site that the bullying occurred on**

SOCIAL NETWORKING

Social networking websites are sites that allow people to communicate with each other. These sites allow friends to share interests and communicate using messaging systems. Popular social networking sites include Facebook and Twitter. New sites include Google+ and Linked In

- **The rise in use of social networking websites has seen an increase in cyber bullying occurrences**
 - **'Trolling' - where sites are used to abuse people repeatedly is also on the rise**
- **Child Pornography social networking sites have also seen in a increase where illegal material is shared more easily**

HOW TO DEAL WITH IT

- **Don't join a site unless you are old enough - 13 years of age is the age limit for Facebook**
- **If someone tries to add you and you don't know them**
 - **don't add them!!**

SEXTING

Sexting is the act of sending an indecent image of themselves to somebody else via a mobile phone. Once the image is sent it is then in the digital world - it can then be difficult for the original owner of the image to prevent that image from ending up in places they do not want it to be

- **Though many youngsters send images to boyfriends and girlfriends they often don't realise what could happen at a later date, i.e. After break ups!**
- **Sending an indecent image to somebody under the age of 18 could be breaking the law (Criminal Justice Act 1988)**

HOW TO DEAL WITH IT

- **If you receive an indecent image of somebody else DO NOT send this image on - tell a teacher or responsible adult**
- **If an image of you does/has got into the digital world then contact the host and ask them to remove it - or email CEOP**

MOBILES

Everybody now owns a mobile phone. Yours might be a simple phone and text device or it may be a top of the range smartphone. Yours may have an inbuilt Camera, GPS and Bluetooth. These can be totally innocent and useful devices but also come with a degree of risk

- Images that you send to somebody else are no longer easy for you to manage - be careful what you send**
- Bluetooth helps you transfer data to your friend - its also exposes you to those that want to hack your phone**
- GPS lets you update where you are (Facebook?) - this tells people where you are, have you thought who could be watching you?**

HOW TO DEAL WITH IT

- Ensure you password protect your Bluetooth and Phone - this can protect against hacking**
- Turn off your GPS location services when you are away from home**

UPLOADING PHOTOS & VIDEOS

With the increase in the speeds of the internet many video websites have seen a massive increase in the amount of visitors.

The king of video websites is YouTube.

- **Videos that are posted on the web could be there forever - this means family, friends, colleges and future employers being able to see videos you do not want them to**
- **Videos are often posted with personal information in them such as where you live and other detail you should not be sharing**

HOW TO DEAL WITH IT

- **Contact the video website - sites such as YouTube do have the power to remove offensive material if it breaks terms and conditions**

GAMING

Online gaming sites can have many risks. These include Bullying, seeing information that could upset or offend and having to give up confidential information. Many youngsters often find that they 'Must' win at all costs and many others may find themselves addicted to games such as Call of Duty and World of Warcraft

- Games have age restrictions. This may be because a game has content in it that certain ages should not be viewing including, language, violence and fear.**
- Games often require you to add in personal details - this is then viewable via your profile**

HOW TO DEAL WITH IT

- Take regular breaks from gaming - this will prevent you from becoming addicted**
- Be careful of the games you are playing - age restrictions exist for a reason**

CHAT ROOMS & IM

Chat rooms are areas of a website where people meet to talk to each other. This can often be people your age with similar interests. Instant Messaging (IM) are technologies such as MSN that allow you to talk more privately with other people including people on a friend list

- Is the person you are talking too who they say they are? - though the person may seem your age they might not be**
- Chat rooms and IM can lead to many occasions of computer hacking - this is because people share their personal Information much to openly**

HOW TO DEAL WITH IT

- If you don't know the person - block them!**
- Don't share personal information - this could be used to steal your profile, defraud you or something even more sinister**

CHILD TRAFFICKING

Child trafficking is the movement of children internationally or nationally. It occurs for a variety of reasons but tends to occur because an adult has tricked the youngster into doing something they wouldn't usually want to do. The new life promised often turns out to be worse than the youngster's original situation.

Child trafficking can include : -

- **Young persons being sold for money**
- **Young persons being tricked into leaving home**
- **Young persons being given away by their family for money**
- **A young person leaving home thinking they are moving on to a better life**

HOW TO DEAL WITH IT

- **Trafficking is a criminal offence - if you think you have been affected or know a friend that has then let your school & parents know. You should also contact the police**

HACKING & VIRUSES

**Hacking is the term given when somebody accesses your computer and/or information without you wanting them to.
Mobile Phones can also be hacked**

Viruses are things that can sometimes get onto your computer and then cause theft of your data or damage to your files

There are millions of viruses in existence and most people will have encountered them - by using an anti virus package you can help protect yourself.

By using a firewall and by not accessing websites that you are unsure of, you can prevent any hacking risks

HOW TO DEAL WITH IT

- **Use an Anti Virus package**
- **Always use strong passwords and don't share these with anyone**
 - **Don't follow links to sites that you don't know**