

## What should you do to get help?

Tell a trusted adult about what is happening.  
You can call Child line a service open 24/7 you can call for free and tell them what is happening.  
You can report abuse on a site called Think You Know. You can also learn what to do on Think You Know.



## Extra Information

ChildLine: 0800 1111

ThinkUKnow:

[www.Thinkuknow.co.uk](http://www.Thinkuknow.co.uk)

Thank You for reading this brochure.

Remember to keep Safe Online!



By Matthew Wells



E-Safety Booklet to help children and parents through the intellectual world



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## Social Media

Social media can be very dangerous. Most social media's have a age restriction. You must be at least 13 for most social media sites. If you do have social media and you have lied about yopur age the I would strongly encourage you to make your account private. Make sure the people who follow you are people you know if you don't know them then don't let them follow you. If they start to pester you tell an adult. Report them and block them. A small reminder it is illegal to lie about your age!



## Grooming

If you have met someone online you must be **EXTREMELY CAREFUL** about what you say. You don't know these people in real life and they could be not who you think they are. Yes, having friends on the internet can be fun, but always remember **NEVER** share any personal information. If the person asks you to meet up you must bring a trusted adult. If the person says "don't bring your parents" make sure you tell a adult or just ignore them. Many children have fallen for this trick don't be the next Victim.



## Advice to Keep Safe.

Don't give out any information that you don't want the whole world to see because once is out you are no longer in control of it. These are things like photos on social media, personal information such as your age, your name, your address and your email and phone number. Don't be too fast about meeting friends online. If they are asking you lots of questions like the one suggested above, probably ask them why you want the information and if they carry on bothering about it then say your are not comfortable saying it if they still try to pester you about it block them. Remember whatever you put on the internet will be there **FOREVER**. When you create a username try not to include your real name. Also never tell anyone or send someone embarrassing about you otherwise they will try and use it against you (Blackmail).