

# How Safe Are You Online?



# Keeping you safe online

Here you will find some great resources, information and advice about using the internet safely.

## Advice and guidance



**Cyber Streetwise** [www.cyberstreetwise.com](http://www.cyberstreetwise.com)

Learn how to protect your home or business from all aspects of cyber crime with an accessible and interactive guide.



**UK Safer Internet Centre** [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

eSafety tips, advice and resources. Organisers of Safer Internet Day in the UK.



**BBC Webwise** [bbc.in/1dTHXPY](http://bbc.in/1dTHXPY)

Videos to help you make the most of your internet use, including advice on social media and libel laws.

## Social media safety



**Facebook Safety Centre** [www.facebook.com/safety](http://www.facebook.com/safety)

Tools and resources to help you stay safe, learn how to report abuse and how you can play your part in the Facebook community.



**Twitter Safety and Security Centre** [bit.ly/1dysWrP](http://bit.ly/1dysWrP)

Providing information on your safety settings and how to deal with abuse and offensive content.

## Report abuse



**Child Exploitation and Online Protection (CEOP)** [www.ceop.police.uk](http://www.ceop.police.uk)

Report online child abuse or attempted child abuse.



**Internet Watch Foundation** [www.iwf.org.uk](http://www.iwf.org.uk)

UK website for reporting illegal content found on the internet, specifically child abuse and criminally obscene images.



**On social media**

If someone sends you something abusive, report it using the site's own reporting feature and remember you can block them.

**If you believe someone is in immediate danger, including self-harm, call 999.**

# Keeping your children safe online

Here are some helpful resources and advice for helping your children enjoy the internet safely.

## Knowledge hubs



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

Helpful resources for parents and children with different sections on the site relevant for different age groups: 5-7, 8-10 and 11-16 years.



**Childnet International** [www.childnet.com](http://www.childnet.com)

Advice, parental control settings, hot topics and a glossary of online terms.



**Vodafone's digital guides for parents** [www.vodafone.com/parents](http://www.vodafone.com/parents)

Magazines full of all things digital with a focus on smart phones.

## Social media guides



**Ask.FM online safety guidance** [bit.ly/1kf6R6h](http://bit.ly/1kf6R6h)

Ask.FM allows users to ask questions anonymously - checking your child's privacy settings can help keep them safe from cyberbullying.



**A parent's guide to Snapchat** [bit.ly/1b3oA5Y](http://bit.ly/1b3oA5Y)

Snapchat is a popular app letting users share photos for up to 10 seconds. This guide tells you how it works and what the risks are.



**A parent's guide to Instagram** [bit.ly/19uByi4](http://bit.ly/19uByi4)

Instagram is a photo and video sharing app - find out how to manage the risks of your child sharing their media with the world.



**Kik's guide for parents** [bit.ly/15BPBS7](http://bit.ly/15BPBS7)

Everything you need to know as a parent about the latest messaging service popular with teenagers.

## Advice on online issues



**A parent's guide to dealing with sexting** [bit.ly/1j7wEuJ](http://bit.ly/1j7wEuJ)

What to do if you're worried about a child sharing inappropriate pictures of themselves or others.



If your child is experiencing issues and would like to talk to us confidentially, give them the ChildLine number 0800 1111. If you're worried, even if you're unsure, contact NSPCC for help and support on 0808 800 5000.

**If your child is having issues online, talk to their school as the problem could involve their classmates and could be continuing offline.**

# Don't forget...

Set up parental controls on ALL your devices connected to the Internet - that includes your TV!

If someone sends you something abusive on social media, block and report them to the site.

What you put online is there forever - think before you post.

For more information about keeping you safe online visit [www.avonandsomerset.police.uk/besafeonline](http://www.avonandsomerset.police.uk/besafeonline)

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