

Protecting yourself online

Most people play games and use social media to stay connected with friends and have fun. However, there are people who don't play by the same rules, and use it as a platform to offend people or cause them harm. Don't let these users ruin your experience, but make sure that you do what you can to stay safe.

- Think carefully about what you post online and who you want to see it. Consider setting your profiles to friends/followers only.
- Remember anything you post can be shared. Always think before you post.
- Recognise the fakes. Not everyone on social media will be who they say they are. There can be young people and adults who pretend to be someone else and could cause you harm. It's important that you never meet up with someone you don't know, and that you always let an adult know where you are going and who you are meeting. There have been occasions where children are tricked into meeting people who then cause them harm.

- Clean up your contacts. Once you make a friend online, it doesn't have to be permanent. Regularly review and clean up your contacts - particularly anyone who spreads negative content or doesn't make you feel good about yourself.
- Block anyone who makes you feel bad. All social media sites allow you to block people who you don't want accessing your account. It is not permanent and they won't be notified. You may also have the option of muting someone so they don't know you can no longer see their posts.





- Avoid the big risks. One of the hardest things you can go through is having a private image or video shared with others. Think very hard before sharing anything private or personal as there are no guarantees that this won't get into the wrong hands. If someone really cares about you they will respect your choice not to share personal information, photos or videos.
- Protect your identity. Your phone number, address, bank details and any information that may hint to your personal passwords should be kept private.

Other ways to get help

Kidscape is a charity that helps children, young people and their families get help if they're experiencing bullying.

Go to an anti-bullying workshop

We offer free workshops for 9-16 year olds and their parents and carers to help with bullying. They're online and in the community - just [head to our website](#) and look for ZAP workshops.



Ask your parent or carer to call our Parent Advice Line

We offer friendly information, advice and support to parents, carers, family members on our Parent Advice Line. If we are not available at the time you call, please leave a message with your name and best contact number, or send us an email, and we will soon be in touch. Call: 07496 682785