

WHAT SHOULD YOU DO IF YOU THINK YOU ARE BEING GROOMED?

Grooming doesn't only happen online, it can happen through someone you know, by a family member or a club you go to.

If something doesn't feel right talk to someone you trust.

If someone is making you feel uncomfortable by making you do or say sexual things either to them, yourself or someone else then you need to speak to someone you can trust.

You will not get into trouble for seeking help. You have not done anything wrong.

It may be that you feel you can manage the situation yourself and can tell the person to stop but if things get too much tell an adult you trust.

WHO CAN YOU TURN TO?

Childline

Anyone under the age of 19 can confidentially call, email or chat on-line about any problem big or small.

0800 1111 (24/7 service)

www.childline.org.uk

Chat Health

You can contact a school nurse to ask a question about anything that might be bothering you.

Their text service is for young people aged 11-19. It isn't 24 hours but they will always get back to you as soon as they can.

07520 615723



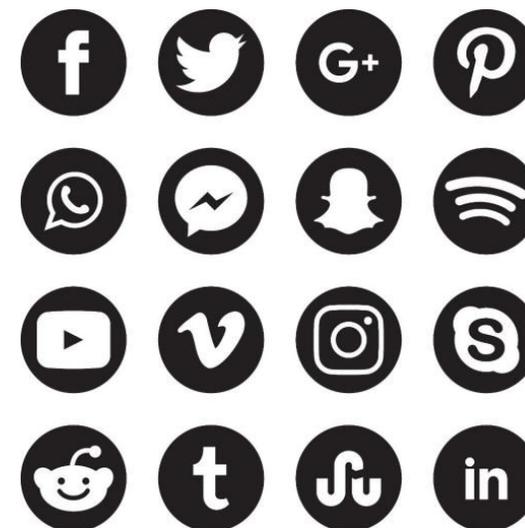
Zipit- Childline has an app called Zipit which contains funny images you can send to anyone who is asking you for naked/sexual photos.



CEOP—Child Exploitation and Online Protection. If you are worried about online abuse or the way someone is communicating with you—you can report your concerns to CEOP by visiting their website.

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INTERNET SAFETY AND SOCIAL MEDIA FOR CHILDREN AND YOUNG PEOPLE



PROUD TO CARE

THE INTERNET

The internet is an amazing place to find information and contact people and friends however it must be done with caution.

When you are online it is important to stay safe and make sure you don't share things that could put you in danger.

SOCIAL MEDIA

Social media allows you to keep in touch with your friends and find out what's happening.

It is important that you understand that using social media can also make you vulnerable and you should be mindful of what you post and where you decide to post it.

TIPS FOR STAYING SAFE

- Don't choose a profile picture that advertises where you live to strangers.
- Check your privacy settings regularly.
- Check your location settings so that strangers can't find where you are.
- Don't share anything that you wouldn't want your parents, teachers or friends to see.
- Never share or reveal your passwords. Make sure that they are strong and can't be guessed.
- Be careful who you chat to. If somebody you don't know sends you a friend request don't accept it instead ignore it and delete it. Never share personal information with them.

BEWARE OF ONLINE GROOMING

Online grooming is when someone builds a relationship with a young person and tricks them or pressures them into doing something sexual, for example send a naked picture.

A groomer can be old or young and male or female they may lie to you and pretend to be someone your own age in order to develop an emotional connection.

Be wary of people you talk to online if they do any of the following:

- Try to get you to keep your conversation a secret.
- Send you lots of messages via various methods to get you more engaged with them.
- Ask you questions for example to find out if anyone else could read your messages.
- Start to send you sexual messages, these could start with something as simple as being asked to blow a kiss.
- Try to blackmail you. They may say they will be upset if you don't send pictures. They could also use pictures you have already sent, against you.