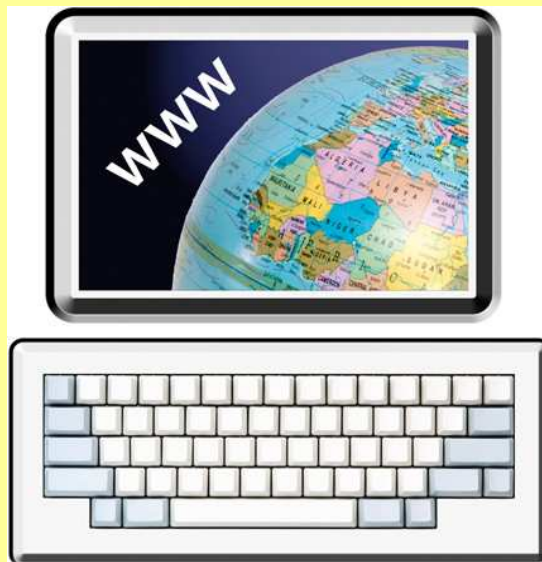


Be Safe
Think Safe



Supporting people with learning disabilities to keep safe on
the Internet.



The Internet



The internet can be great for:



Talking to friends



Shopping



Finding out about things



Listening to music



Watching videos



Playing games and for sport



Emailing



Banking



and lots more.....



But whatever you use the internet for, it is important to know how to stay safe online.



Basic Rules



If you use your own personal computer, make sure you have anti-virus software to protect it.



Don't tell people your password.



If you use the internet out and about like in college or in a café, make sure you sign out of your email or Facebook account before you leave.





If you are worried about using the internet or think you are being bullied online, ask for some support to help you.



Speak to the police in person or contact them on **101**, or speak to someone you trust, if you are unhappy or worried about what is happening to you.



.....

Are you worried or unhappy about something?





Personal Details




Never give your personal information to anyone you meet on the internet.



Be careful how you use your name.



Don't tell people where you live
 or your telephone number.


Happy Birthday



Don't tell people your date of birth.



Don't tell people your password.



Don't tell people your bank details.



Don't speak to people you do not know.





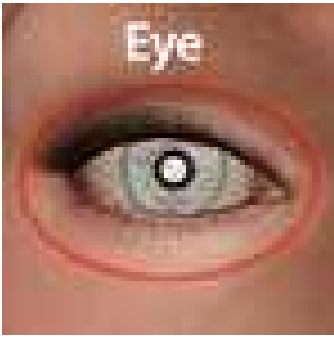
Social Networking



Social networking pages like Facebook, Twitter and Myspace are a great way to keep in contact with friends.



Be very careful about the information you give out.



Your page is public, so don't put anything on that you wouldn't want people to see.



Make sure you know someone enough before adding him or her as an online 'friend'.



You can change your 'privacy' settings so that only people you want can see your page.



Private



Chat Rooms



Never give out personal information like your address or your phone number.



People in chat rooms often pretend to be someone they are not.



Be careful if you use a webcam. You never know who might be watching.



It is not a good idea to meet up with someone you just met in a chat room.

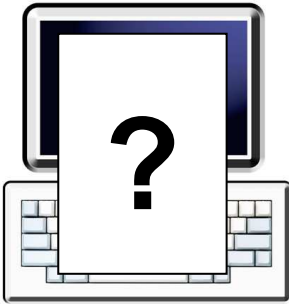


If you really want to meet someone, ask a friend or carer to come with you and meet him or her in a public place.





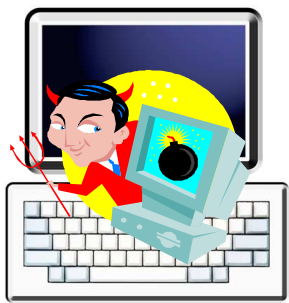
Emails



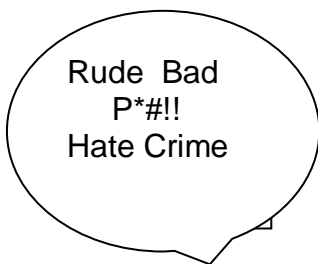
When you use email, you can get messages from people you don't know. They could be



Trying to sell you something



Sending you a virus, which can hurt your computer



Sending you rude pictures, videos or words that could make you upset or get you into trouble



If you get any worrying emails do not open them, bin them.



Shopping and Banking on the Internet

https:

If the site you are buying from is safe then the address should start with https: The **S** means that it is safe and secure.



Never send anyone your bank details in an email.



Videos and Music



Don't upload videos of yourself on to sites like YouTube unless you are happy for everyone to see them.



Be careful what videos and music you download. Make sure you know the website is safe.



Make sure you are not breaking the law.



	<h1><u>Remember</u></h1>
	<p>Never give any personal details to anyone you meet on the internet.</p>
	<p>Nothing is really private on the internet.</p>
	<p>Don't believe everything you see and read on the internet.</p>
	<p>Protect yourself and your computer with anti-virus software.</p>
	<p>Remember, if you are unsure, talk to somebody you trust.</p>

Who can you talk to about keeping safe?

Helpful Telephone numbers:



Tel: 01609 778894



Tel: 08444 111 444



Adult Health and Social Care

Tel: 0845 8 72 73 74



The police

Tel: 999 in an emergency

101 if it is not an emergency

This booklet has been produced by the North Yorkshire Learning disability Partnership Board in consultation with the North Yorkshire Adult Safeguarding Board.