

E - SAFETY

Top 10 tips for mobile phone safety

- 1) Remember if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to someone about it. Talk to a trusted adult at home or at school.
- 2) Don't reply to any nasty messages you receive.
- 3) Don't reply to a text from someone you don't know.



4) Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.

5) Don't answer calls from withheld numbers or numbers you don't recognise, let it go to voicemail.

6) Block numbers from people who are sending you nasty messages.

7) If you are bullied repeatedly can change your number.



8) Don't give your mobile number to someone you don't know.

9) Don't send pictures to someone you don't know.

10) If the problem is serious you can report it to the police, Parent/carers, adult in school or childline...posters around school.



Staying Safe Online

- 1) Don't post any personal information online – like your address, email address or mobile number.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- 3) Keep your privacy settings as high as possible
- 4) Never give out your passwords
- 5) Don't befriend people you don't know

6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do

7) Remember that not everyone online is who they say they are

8) Think carefully about what you say before you post something online

9) Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude

10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

ONLINE ABUSE FACTS AND STATISTICS

- **One in five 8 to 11 year olds and seven in ten 12 to 15 year olds has a social media profile.**

Source: Ofcom (2015) [Children and parents: media use and attitudes report](#).

- **1 in 4 children have experienced something upsetting on a social networking site.**

Source: Lilley, C., Ball, R. and Vernon, H. (2014) [The experiences of 11-16 year olds on social networking sites](#).

- **1 in 3 children have been a victim of cyberbullying.**

Source: McAfee survey of children and parents as reported in the Guardian (14 November 2014) “[Number of children who are victims of cyberbullying doubles in a year](#)”

- **Almost 1 in 4 young people have come across racist or hate messages online.**

Source: Livingstone, S. (2014) [Net children go mobile: the UK report: a comparative report with findings from the UK 2010 survey by EU Kids Online \(PDF\)](#)

- **Around 1 in 7 young people have taken a semi-naked/naked picture of themselves. Over half went on to share the picture with someone else.**

Source: Martellozzo, et al (2016) [I wasn't sure it was normal to watch it.](#)

- **In 2015, the Internet Watch Foundation identified over 68,000 URLs containing child sexual abuse images**
Explanation: In 2015, the Internet Watch Foundation (IWF) identified and worked with partners to remove 68,092 URLs confirmed as hosting child sexual abuse images worldwide – a 118 per cent increase from the previous year.

Source: Internet Watch Foundation (IWF) (2016) [Annual report 2015 \(PDF\)](#).