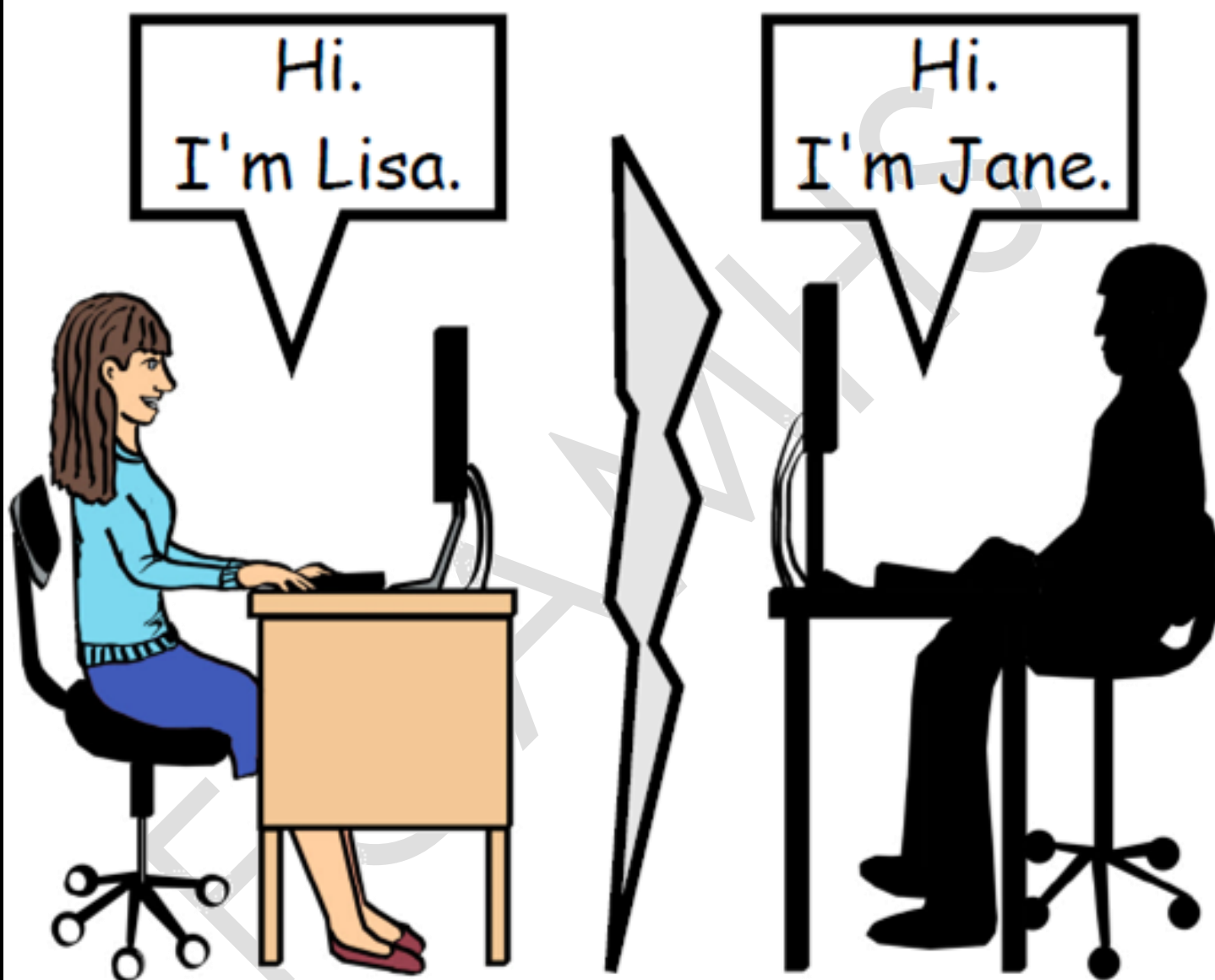




# Being safe online

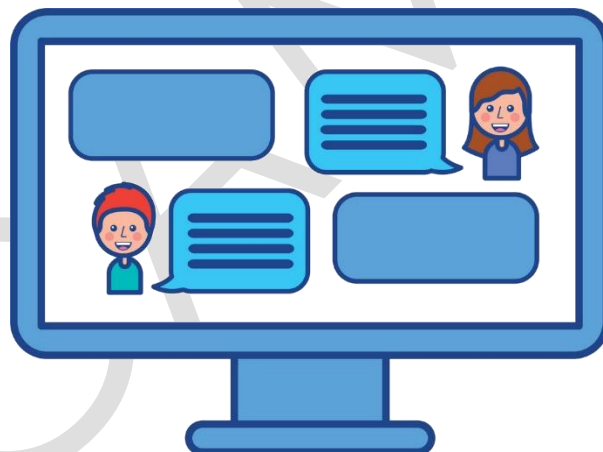
Do you **REALLY** know who you are chatting too online?



People may **NOT** be who they say they are.

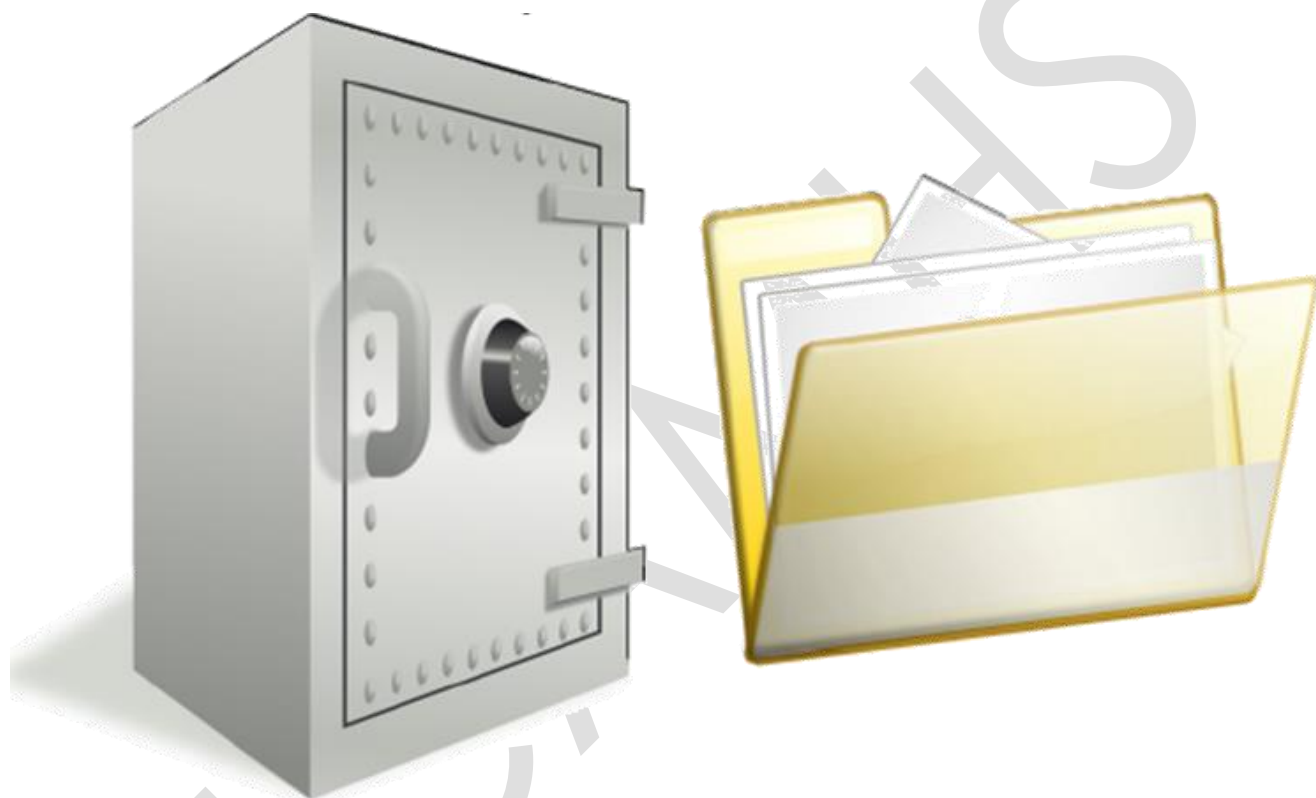
## Talking to people online

- Sometimes I like to talk to people online
- These people may seem friendly and want to get to know me
- Sometimes I don't know who I am talking to online because I have not met them before
- Sometimes I may forget that the person I am talking to is a stranger and tell them personal details about myself or send personal pictures.



- I will try to remember not to give any personal details out to people I talk to online
- I will try and remember that these people may NOT be who they say they are
- I will try and ask someone I trust for advice if I feel uncomfortable with the situation

When on-line, keep your  
**PERSONAL INFORMATION**  
top secret.



Never give out personal information such as:

- .Your name (or friends and families names)
- .Where you are living
- .Your email address
- .Usernames or passwords
- .Bank details

# Keeping personal information secret

- When I'm online, I may get asked for personal information, this could include my email address, where I live, my usernames and passwords and my bank details
- Sometimes people will treat me nice online and offer things in return for giving out this information
- Sometimes I may feel like I want to give out personal information because I want the things that are being offered
- Sometimes people will act as my friends and ask for my personal information

- 
- I will try to remember not to give any personal information out to people I talk to online
  - I will try and remember that these people may NOT be who they say they are
  - I will try and remember that giving out my personal information may get me into difficulty

# NEVER NEVER NEVER

meet an on-line friend alone.



If you must meet an on-line friend, make sure you are with a **trusted adult** or a **trusted friend** in a **public place**.

# Never meet an online friend alone or in an unfamiliar place

- When I'm online, I may get talking to a person and feel as though I want to meet them
- This person may seem friendly and have the same interests as me
- This person may suggest that I meet up with them to get to know them better
- This person may suggest meeting in an area I'm not familiar with or in an out-of-the-way place

- 
- I will try and remember that this person may NOT be who they say they are
  - I will try and remember to ask this person to meet in a public place that I am familiar with
  - I will try and remember that I don't know this person well enough to meet them in an area I don't know
  - I will try and take someone I trust with me when I go to meet somebody new



If you find anything on-line  
that is threatening, worrying  
or upsetting...




... Tell a trusted person or  
friend **immediately**.

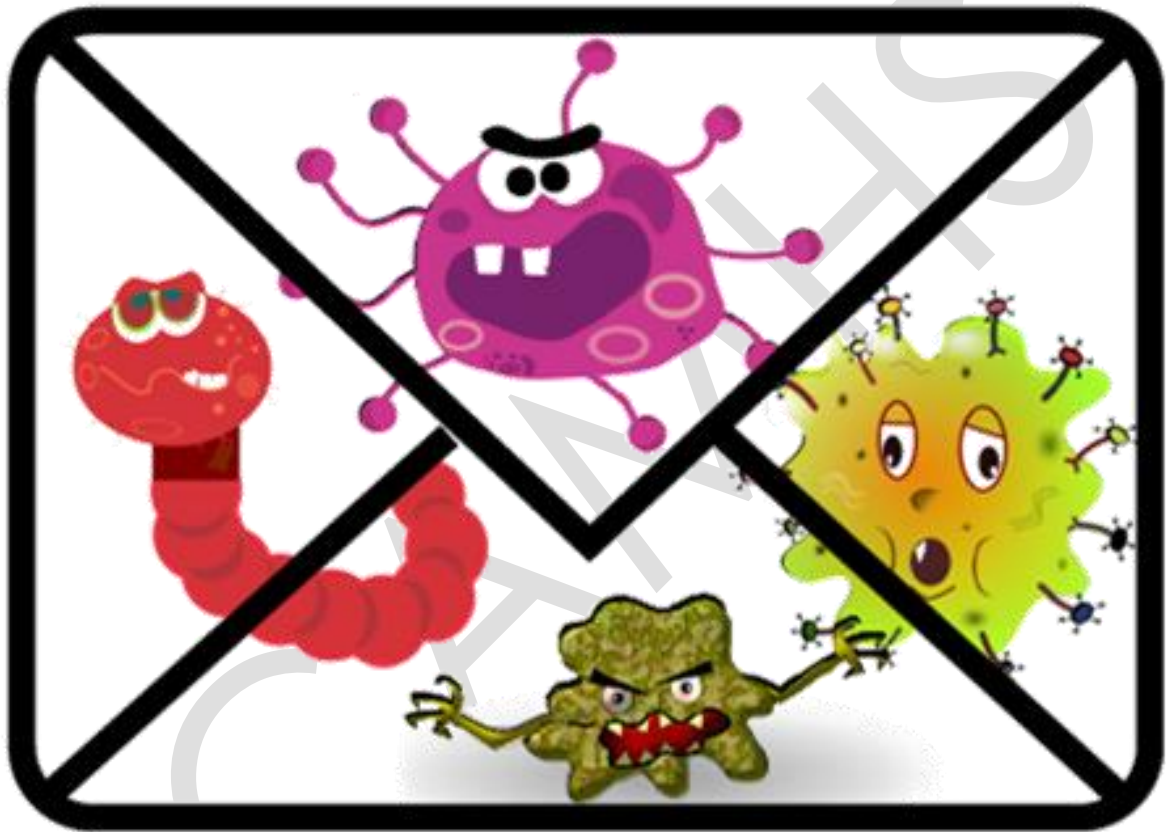


# Tell someone if you find something threatening or upsetting online

- When I'm online, I may come across information that upsets me
- Some people may post things online that I find disturbing or upsetting and I may feel like telling them it's wrong
- I may get threatening messages online and I may feel as though I want to reply to these or get angry and upset about these

- 
- I will try and remember to tell someone I trust if I feel uneasy with the situation, they can offer advice and support me on the next steps to take
  - I will try and remember that these people could be strangers and are posting things online to gain attention and it may not be directed at me
  - I will try and remember that messages could be spam and are not from anyone in particular

Never open or respond to  
unwanted e-mails or  
messages.



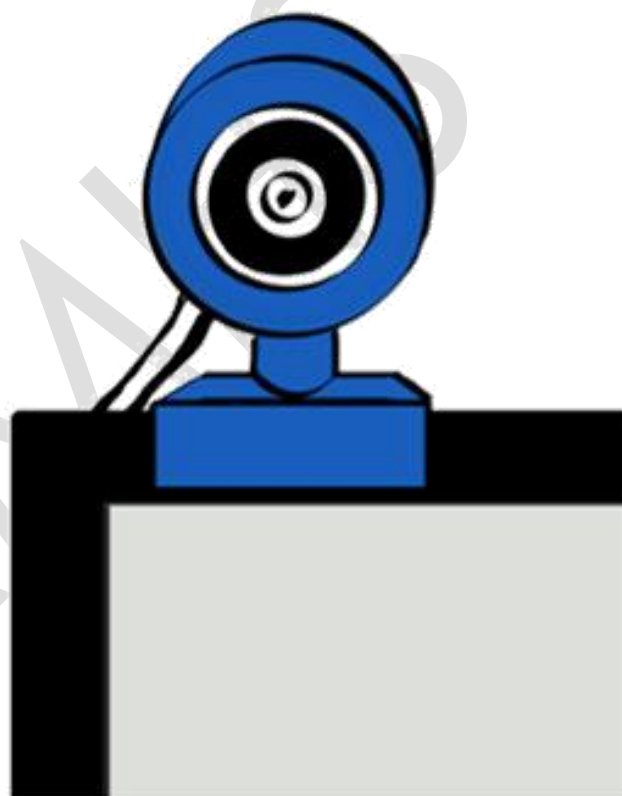
They may contain **viruses** or  
**nasty messages**, or  
somebody may be trying to  
**trick** you.

# Never open or respond to unwanted emails or messages

- I may receive emails that are offering free items or free trials to particular websites
- I may feel that I want to sign up to particular websites as they look good and look inviting
- I may receive messages from people I don't know containing links to websites
- I may receive emails or messages from friends or family and feel as though I can trust opening these as I know the person


- 
- I will try and remember that clicking onto links in messages or emails can be unsafe and contain viruses
  - I will try and remember that somebody might be tricking me into giving personal details
  - I will try and remember that spam messages can be sent from family or friends emails without them knowing about it

**Photographs** and **webcams**  
reveal personal information  
and make you vulnerable.



Do you really want a stranger  
to have a picture of you, your  
friends or your family?

# Don't give pictures to people you do not know

- I may receive a message asking for a picture of myself or my friends and family
  - I may feel like I want to send a picture if I am chatting to somebody online, this is because I feel I know them because I have spoken to them
  - I may get asked for pictures of my family or friends to be sent to people online and they may come across as wanting to be my friend
- 

- I will try and remember that I do not know who I am talking to online and that they are strangers
- I will try and remember that somebody might be tricking me into giving pictures of myself or family and friends
- If I feel uncomfortable with what someone is asking me to do, I will try and ask someone I trust for advice

If you want any more information, please speak to someone from the East Midlands FCAMHS Team.



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***Forensic Child and Adolescent Mental Health Service***