

# National Internet Safety Day 6<sup>th</sup> February 2018

NSPCC 

ChildLine  
0800 1111 



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# National Internet Safety Day 6<sup>th</sup> February 2018 is held by saferinternet.org

## What they do:

- 1. Awareness Centre:** to provide [advice and support](#) to children and young people, parents and carers, schools and the children's workforce and to coordinate [Safer Internet Day](#) across UK.
- 2. Helpline:** to [provide support to professionals](#) working with children and young people with online safety issues.
- 3. Hotline:** an anonymous and safe place to [report](#) and remove child sexual abuse imagery and videos, wherever they are found in the world.



# What does safer internet use mean for you?

Click on a topic below to explore.

Dealing with Pressure online

Worried your friends send pictures they shouldn't?

Sexting

You and your tattoo  
(Digital Footprint)

Creeps and weirdos



# Dealing with pressure online

It can feel awkward saying 'no' to someone close, such as a friend, boyfriend or girlfriend. This might be because you don't want to let them down. However you must know that if they were your true friend or partner they will accept your decision.



# Dealing with pressure online

Sometimes, people we don't know online can try to convince us to do things, even when we have said no.

There can be lots of people asking all at the same time so it can feel a little tricky.

Receiving lots of comments like this all at the same time can cause young people to feel under pressure.

Sometimes people might promise lots of compliments, promising gifts or the prospect of more followers.

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# Dealing with pressure online

If people online are asking you to do things that make you feel uncomfortable you can always say no, as difficult or awkward as this may feel.

Even if the people seem nice and the other things they say to you make you feel good, you never have to do something you're uncomfortable with and you always have a choice.



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# Worried your friend shares pictures they shouldn't?

Ways to help your friend if this happens:

## 1. Take it down:

If the picture or video has been shared online the first thing to do is to try to remove it from any websites. If your friend has posted it make sure they've deleted it from any social networks they've shared it on. If other people have shared it you can report to most popular websites to ask them to remove it.



# Worried your friend shares pictures they shouldn't?

## 2. If that doesn't work:

If the picture or video is on a website which doesn't let you make a report, ChildLine can help. They work with the Internet Watch Foundation to get indecent images of under 18s removed from the internet. Call ChildLine on 0800 1111 and tell them what has happened.



# Worried your friend shares pictures they shouldn't?

## 3. Offer and help them find support:

Your friend may be upset and distressed by what has happened. They could be worried about their family seeing the pictures or being bullied. Let them know that you are there to support and listen to them. Encourage them to talk to an adult they trust. If your friend is being threatened or someone is asking them for more pictures you should help them report to CEOP. Whatever may have happened CEOP will understand. Your friend won't be in trouble.



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# Sexting

Nudes, sexts - whatever you call them - taking pics of your bits and sending them to someone else is never a good idea. Whether it's to your boyfriend or girlfriend or someone you've met online, a quick snap can have long term consequences.



# 5 Reasons not to send it:

## 1. Once it's gone, it's gone.

Share a picture or video online or on your phone and someone else might send it further. You could lose control of it and who knows where it might end up? What if your mum, dad or teacher saw it?

## 2. Bullies go for it.

You've probably heard stories of teenagers who have been badly bullied because of naked pictures online, like the tragic case of [Amanda Todd](#). If you're being bullied because of an image there is help out [there](#)

## 3. It's against the law!

If you're under 18, it's illegal to take or share an 'indecent' picture of yourself, or to look at or share someone else's.. *If it's naked, a topless girl, contains genitals or sex acts including masturbation it will be 'indecent'!*

## 4. You could be blackmailed.

Swapping naked pics with someone you've met online? If you send a picture you wouldn't want other people to see then you could be in danger of being blackmailed.

## 5. Will they keep your pic private?

Even if you really trust them, it would only take a moment for them to share it tonight, tomorrow or next year... in that moment they could be in a silly mood, drunk or angry. They could just hit 'send' by accident.

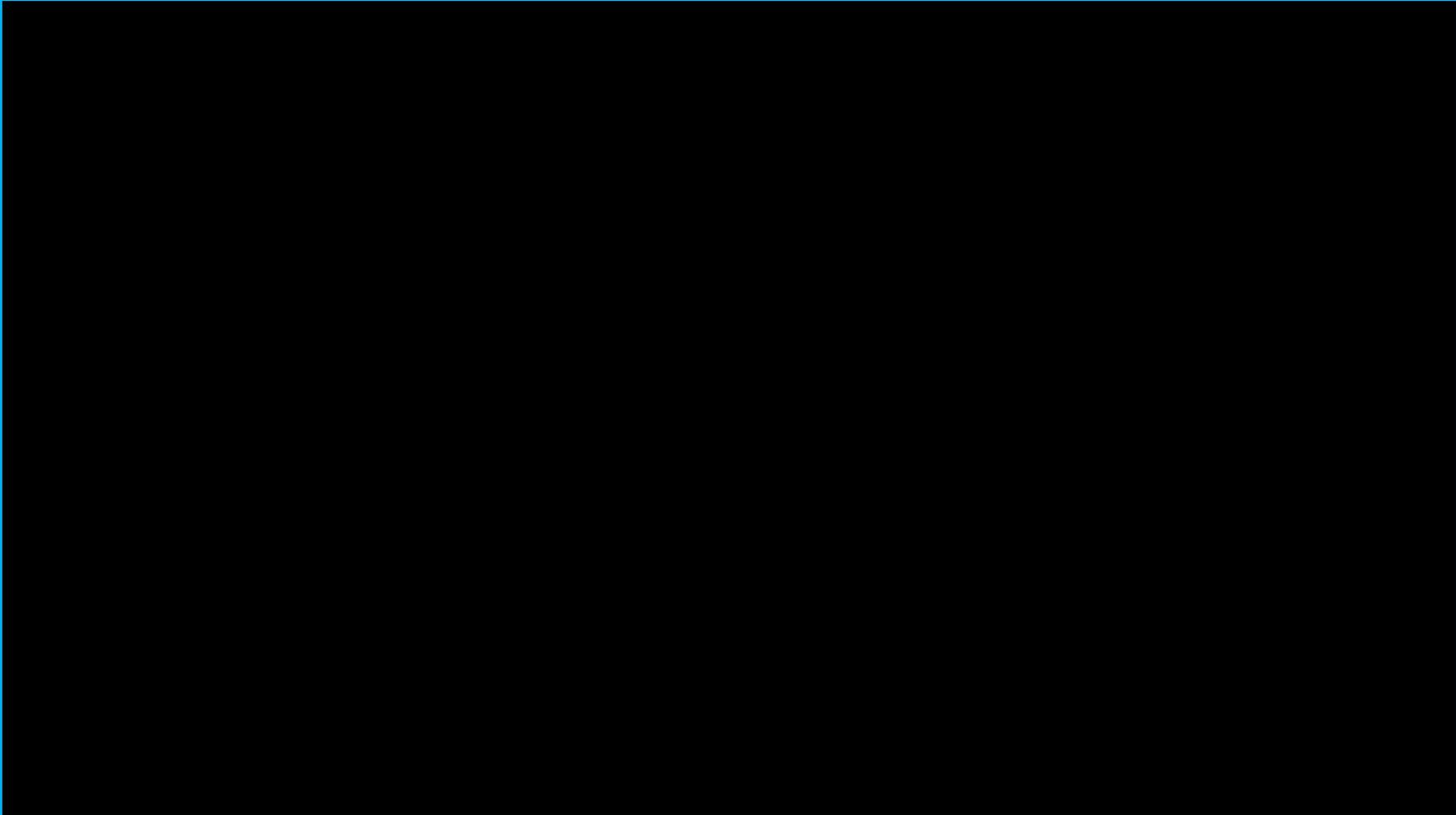
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# You and your tattoo

You may have heard about your 'digital footprint'- this is the trail or footprint that is left behind whenever you use the internet. The things you post, images shared and things you search for leave a trace that can't be easily erased. Anyone can do a spot of 'digital digging'- searching the internet for anything you might have posted, shared or said. Employers and universities sometimes do this to find out more about whether your [online reputation matches who you are at interview.](#)

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# You and your tattoo

## Top Tips: Expressing yourself online...

### 1. Get anger under control.

Some people post bullying or offensive comments online as they feel angry about an issue. They may disagree with others and feel that lashing out is the way to make a point. Sometimes it's done to get others to take notice and listen. Childline offer great advice about how to keep [anger in check and keep your cool](#).

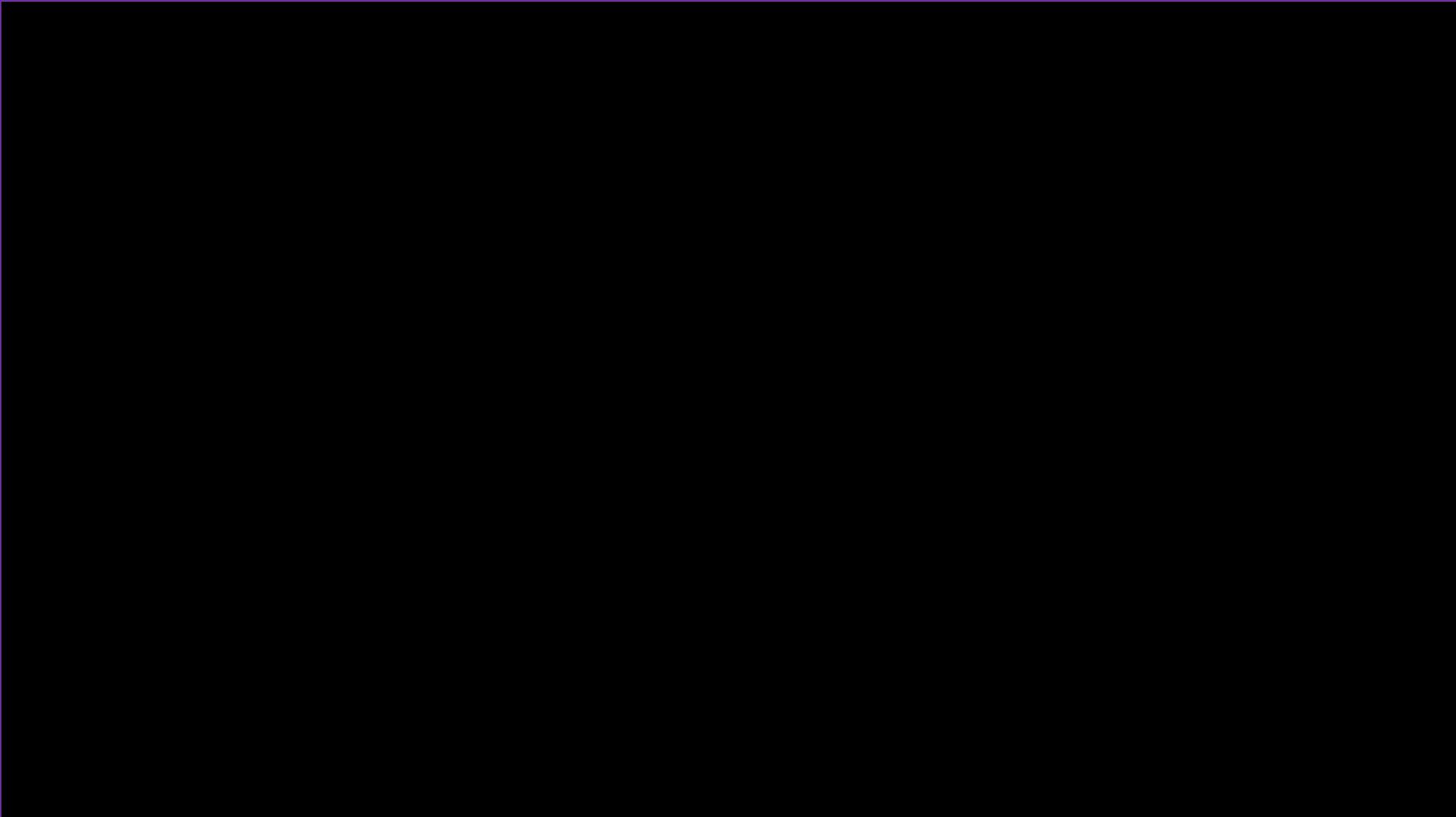
### 2. Don't be a passive bystander- try being an 'upstander'...

If you see posts online that promote offensive and bullying views- you can do something. Report or flag the comment (you can do this anonymously on most social media sites). This lets moderators know that offensive content is being posted. Being an 'upstander' means that you take steps to support others online. Put yourself in other people's shoes and take action when someone is being bullied.

### 3. Like to share your views and want to debate controversial topics?

People don't always agree and debate is important. It can help us to see from new perspectives, consider other ideas and develop communication skills. There are constructive ways to do this so that people are not targeted or intentionally upset. Moderated forums like The Mix and ChildLine are a place where topics can be debated in a way that is productive and not harmful to others.





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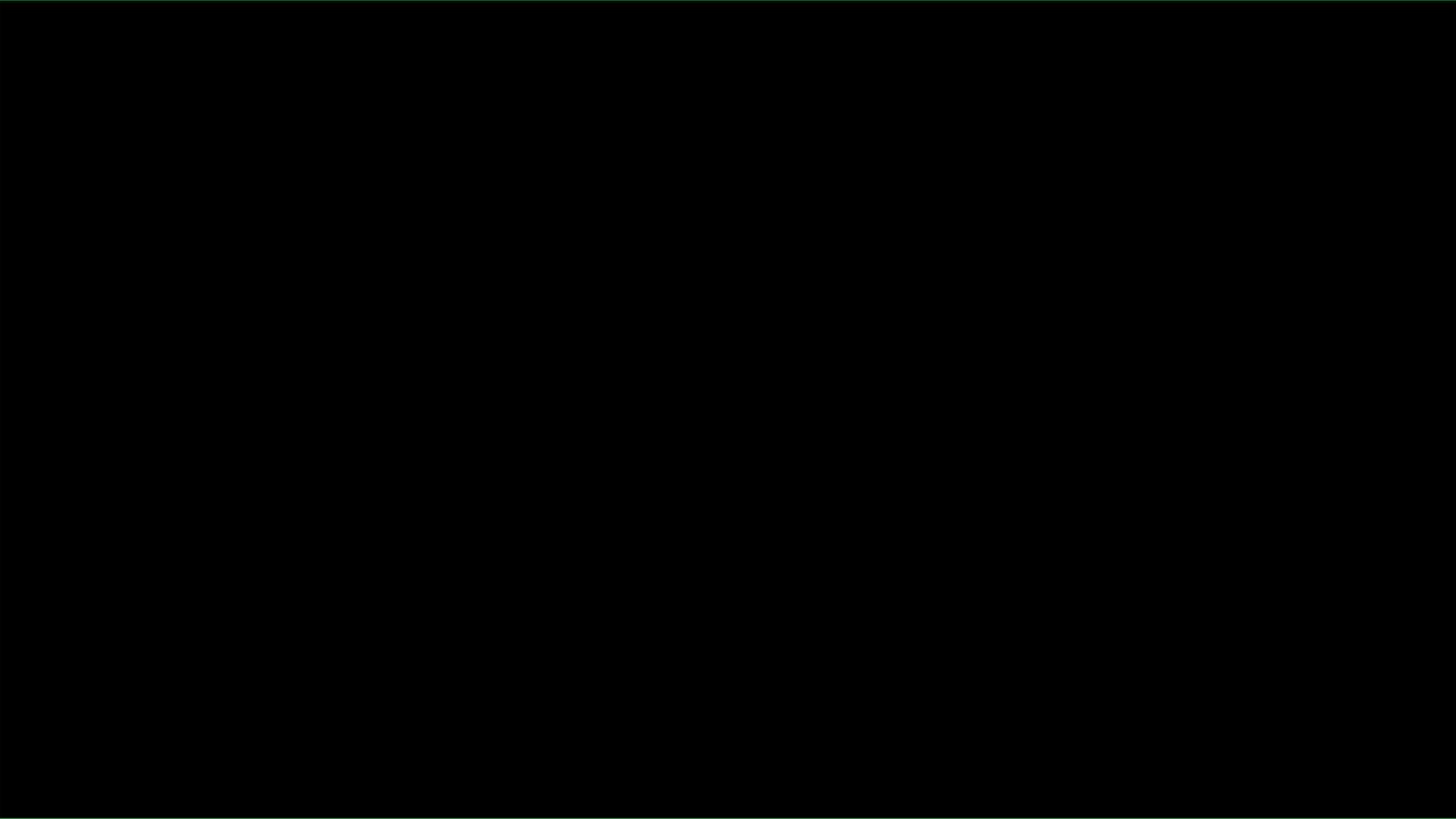
Do you really know who you are talking to online?

Some people who contact you genuinely just want to chat or be friends. The problem is some people, men and women, use the internet to look for sex and target young people. They want to trick, pressure or force young people into sex. They are very happy to lie about who they are and what they want to get it.

Online you can pretend to be something you're not - a friend, a mentor, a boyfriend or girlfriend. You can even pretend to be a completely different person. This means it can be hard to tell the difference between someone genuine and someone dangerous.



# Creeps and weirdos



# Creeps and weirdos

**If things go wrong - it's never your fault**

If anyone tries to get you to do things you don't want to do, you should talk to someone you trust or report to [CEOP](#)

You won't be in trouble, whatever may have happened.

People who abuse can be very clever at making young people feel guilty about what has happened. They do this to stop you getting help. Remember, a real friend will never pressure you into doing anything you don't want to do or make you feel guilty when you've done nothing wrong.

Whatever happens, you can always get help. If you don't want to talk to someone you know you can contact Childline or report to [CEOP](#)

