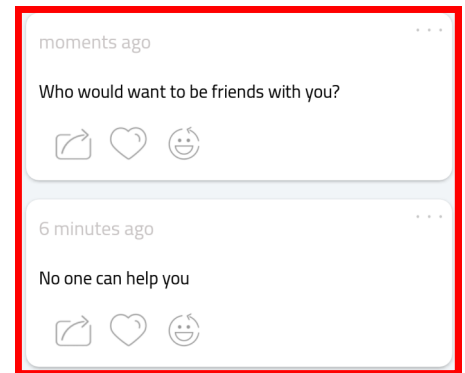# Being Safe Online

Here are some top tips so you can keep enjoying the digital world safely

There are some people who just enjoy drama, and some who really enjoy creating it. Are all your Followers positive or is it time to get rid of some of the negative ones? Most social media apps will let you block other users if you need to disconnect them from your online life. Learning how to block people online is an essential skill! It's also worth reporting these troublemakers, social media companies can stop them from posting or messaging for a bit, or in extreme cases, stop them using their apps!

Here's the hard bit though; it's really important that we don't respond to users who are being negative or downright horrible! Before you do anything, unplug yourself for a few minutes and do something else. Always block, always report.

> moments ago   . . .
>
> Who would want to be friends with you?
>
> 6 minutes ago   . . .
>
> No one can help you

How well would a stranger know you? We know that sounds a little odd but letting strangers become your Follower online means that they'll see everything you post, even the stuff you only really want your mates to see. Would we show our pictures to random people in the street? Probably not, so why do the same thing online? While it's good to celebrate the best bits of life, you know what needs to be kept offline. No school tops, phone numbers, addresses or usernames. Always check with the app what your Followers can see and find out what you can't always hide – your bio on Instagram is always Public, for example. Check your privacy settings and make sure your account is always set to **Private.**

Social media can be brilliant fun but it can also make you feel under pressure to post certain things or fish for Likes. It can feel a bit like a competition when you try and get more Likes than your mates, only there isn't a prize at the end of it. We've heard that some people feel so sad when no-one likes their posts that they end up deleting it! We should always do the things <u>we</u> enjoy rather than the things we think other people would enjoy. Be yourself online! Wouldn't the world be boring if we all did the same stuff!

ChildLine 0800 1111

Sometimes adults don't always understand the digital world but we do understand the people that use it. If something goes wrong online it's vital to talk to someone about it. We're not going to kick you off the internet because of someone else's behaviour and you never know, we might have a few ideas to make things better. Parents and carers are always the best place to start but teachers are great, as well as any other professional you might come across in your life – Police, Social Workers, Health professionals and more. You can also ring Childline and talk to their trained counsellors by ringing 0800 1111 or by visiting their website www.childline.org.uk

For more online safety advice visit www.thinkuknow.co.uk.
To learn how to block or help on privacy, why not give Google a go!

If you have concerns about your immediate safety or that of a friend, you can call Lincolnshire Police on 101 or, in an emergency, dial 999