

E-SAFETY GUIDANCE FOR PARTICIPANTS AND YOUNG PEOPLE



The internet offers a world of possibilities in terms of communication but it is important to keep yourself safe when communicating online.

It is important to remember that people who you communicate with on the internet may not be who they say they are and may not have your interests at heart, you should take care regarding who you communicate with online and you should never communicate with anyone who makes you feel uncomfortable.

It is also important to remember that things you post online can often be seen by many people, often by people who you may not think will see them. You should take care what information you give out over the internet and never reveal any of your personal details. Be especially careful with what you post online, in terms of words, photos and videos.

Always

- Use electronic communications in a responsible way.
- Take care when uploading photos or videos to social networking sites, they may be there forever, even if you delete them, they may also be viewed by people that you may not think will see them.
- Ask permission from anyone who features in your photos or videos before uploading them to the internet.
- Keep your personal networking profile private or set to friends only.
- Ensure you know how to block someone online if you feel uncomfortable.
- Report any concerns to your Group Safeguarding Officer, RDA National Office or The Child Exploitation and Online Protection Centre (CEOPS)

Never

- Give out personal details such as address, phone number or location.
- Arrange to meet someone you have only met via the internet.
- Reveal your password to anyone.
- Sign up for Facebook if you are under the age of 13
- Download files from people you do not know they may contain a virus or an inappropriate image or film which must be deleted.
- Accept friend requests from anyone you do not know in person.
- Post offensive comments or use inappropriate language.
- Deliberately browse, download or upload material that could be considered hurtful to others, offensive or illegal.
- Use webcams with anyone who you do not know in the real world.

Useful Information and Links

Child Exploitation and Online Protection Centre

www.ceop.police.uk

Think u Know

www.thinkuknow.co.uk

NSPCC – 0800 1111

www.nspcc.org.uk

RDA National Office

Lottie Dronfield Safeguarding Coordinator 01926 405 972 ldronfield@rda.org.uk

Claire Milican Director of Activities 01926 405 969 cmilican@rda.org.uk