

**LEARNER GUIDE TO E-SAFETy**

[**What's NEW Online?**](http://www.thinkuknow.co.uk/11_16/new/)

**IM:**

Instant Messenger (IM) is a great way of chatting with your mates, and one of the reasons it’s so popular is because it’s private, so only the people involved can see what’s being said.

When a message is sent, it appears on the screen almost immediately, so it’s like having a real conversation. In IM, you can keep track of your mates using a contact list and this list shows when they are online at the same time as you, so you can see who you can talk to. You can even talk to lots of mates at the same time. You can upload pictures to your profile and use webcams when you are logged on meaning you can see who you’re chatting to

**Chat Rooms:**

There are areas online set up for anyone to chat. They are often defined by topic (i.e. music genre, sport, dating) and can either be text based – places where you simply type to people in real time, or avatar based – where you create a cartoon character of yourself and chat within a particular space. These spaces can be cafes, new worlds, castles or even ski resorts. Some people use chat rooms to meet new friends, to escape to a fantasy world or just to talk about something they find interesting with like minded people. Some chat rooms have the option to talk privately with people you have met in the public space or give you the chance to set up your own area.

A few chat rooms are moderated – which means that people are watching the chat and checking that no one says anything horrible or inappropriate. No chat site is 100% safe though, so if you like using chat rooms, check the advice that follows.

**Social Networking:**

Social Networking areas are basically websites with applications which help connect friends using different tools like blogs, profiles, internal email systems and photos.

Popular social networking sites include Bebo, Myspace and Facebook. Sites like these have become really popular among people of all ages and quite often people have a number of profiles on different sites.

**So, how do you use them?**

**Your profile**

Firstly, you sign up and create your own profile or ‘space’. Often, these contain standard sections like, ‘About Me’ and ‘Who I'd Like to Meet.’ There are usually areas where you can write things like favourite Music, Films, Sports, Scared Of and Happiest When. You can add specific personal details like physical appearance, and which school you go to. You can also have your own blog where you write daily thoughts or include articles you find interesting.

**Customising your profile**

A big part of customising your profile can be uploading images or pictures onto your site. One of your pictures can be chosen as the "default image" and this will be seen on your profile's main page. It will also appear next to your user-name on comments, messages, etc.

Most sites have a ‘count’ of how many friends you have and a link to a page which lists all of the user's friends. Often you can click on a friend’s name and be taken straight to their profile; this depends how they have set their privacy settings.

You can usually add music to your profile, either by visiting an artist's page and choosing a song from their music player, or by using a customised music player or by an embedded media file. There is often also an option to upload videos as well – including music videos, videos uploaded from other sites such as Youtube or personally recorded films.

Some social networking sites have an [**instant messenger facility**](http://www.thinkuknow.co.uk/11_16/new/im/), where you can chat to friends who you have added to your contact list.

Creating your own profile on one of these sites often means you end up publishing a lot of personal

information.

**Mobiles:**

Mobiles are a great way to stay in touch with family and friends, but phones have loads of other functions.

Chatting, texting, online access, picture, video messaging, listening to music and sharing stuff for free through bluetooth are all really cool ways of using mobiles. You can even access your social networking site like BEBO or Myspace and watch television.

GPS tracking technology can now be used on your mobiles. So if you’re lost in town somewhere, you can use your phone to show you where you are on a map and give you directions to where you need to be. Social networking sites have teamed up with this technology and through some apps, you can now also see where your contacts are on a map too.

Although it’s great to have mobile access to most things we used to have to do on our PC at home, there are some risks that it’s worth considering to make sure you’re as safe as you can be.

**Gaming:**

Gaming has become a massive past time for people all over the world. Different kinds of gaming experiences include console based (like X-box 360’s, Playstations, Wii’s) where you can play alone or with people all over the world, games you can find online to play alone (i.e. on Miniclip, Mousebreaker) or MMORPG (Massively Multiplayer Online Role-Playing Games). These include games such as Runescape or World of Warcraft and are hugely popular.

MMORPG's often transport players into another universe with levels of participants, meaning hundreds can be playing at one time. The average MMORPG player spends 21 hours per week playing the game and can be asked by their guild to play through the night.

Online gaming can be addictive and unfortunately some players might take advantage of the close relationships which can sometimes be formed.

**Sharing Files:**

Sharing files can be a brilliant way to swap music, films and even homework. But be careful on peer to peer (P2P) sites, as you don't want to download more than you bargain for.

On some P2P sites, the files can be mislabelled, so you might think you’re downloading Lady Ga Ga’s latest video, but end up with a rubbish tune! Or even worse- a pornographic or violent film. You need to be especially careful since you could also be breaking the law.

A lot of files on unregulated file sharing sites aren’t good quality, so it’s worth paying for your music or videos, to ensure you can actually hear and see them properly.

Swapping files can also mean you end up swapping viruses or spy-ware, which can really damage your computer, and even lead to more pop-ups and SPAM. So it’s a good idea to pay for your downloads; this will help protect yourself and your computer from dodgy stuff or viruses.

When podcasting – be careful about what you watch or listen to. It can be easy to download something inappropriate, so always make sure that you go to reputable sites.

**Uploading videos online:**

Sites like Youtube are great places to upload and watch video clips, look at funny things from last night's TV programmes and give you a voice.

Sites like this often have cool lessons on them or informative clips about what is happening around the world. Some people in countries less free than the UK will use them to highlight issues in their space and they have also been used to shame celebrities – letting people know what they are really up to!

Uploading videos is always going to have risk since once you post, you have no guarantee that the film won’t be there forever.

**Presuming the links on this landing page go to the relevant pages in the above sub menu, the titles don't match exactly - 'Gaming - Gaming language' could link to 'gaming' or 'urban gaming language'. Also there is no page referring to video**

**What can go wrong?**

**Putting stuff up online that you wish you hadn't...**

It’s so easy to post online now - from your computer, digital camera or mobile, that often we do so without thinking. Sometimes we post things we wish we hadn’t and want to get them removed. Most sites will have a delete post option, but remember that once you have put something up – anyone can save it and re post.

Video hosting sites like YouTube do have the ability to take down inappropriate or offensive content. The video will need to be illegal or to have broken the terms and conditions of the site. On YouTube you can report by creating an account and logging in, once you have done this – you can ‘flag content as inappropriate’. This option can be found under the video itself.

Some people without good intentions can try to persuade you to post inappropriate or sexual content online either via your digital camera, phone or on webcam. If you feel uncomfortable about anything that anyone asks you to do online, in a chat area, IM, social networking site or elsewhere –

block them and then report it. - ‘[**CEOP report**](http://www.ceop.police.uk/report-abuse/)’



You don’t have to do anything you don’t want to – even if you have done it before; so be strong with these people and say no if your instincts tell you it's not right.

**Seeing things you wish you hadn't**

The web is open for anyone to post material on it and that means sometimes there are things that you’ll see, which you wish you hadn’t.

If you see something that you just don’t like, just close the screen on your laptop or turn off the monitor and go and an adult you trust. If there’s no one around, close the site using the cross at the top of the browser. If you think the content might be illegal, like racist hate sites or pictures of children being abused you can report it directly to an organisation called the internet watch foundation: [**www.iwf.org.uk**](http://www.iwf.org.uk). If the thing you don’t like is a person – so for example, someone exposing themselves on webcam or sending you indecent pictures – you can report that to CEOP and we will help. Use ‘[**CEOP report**](http://www.ceop.police.uk/report-abuse/)’

**Talking to weirdos**

Unfortunately, as well as great people, there are some really strange people who use the internet - people who aren’t friendly or who have bad intentions. If someone is being nasty to you online or on your mobile, have a look at our [**bullying section**](http://www.thinkuknow.co.uk/11_16/control/cyberbullying/) for help and practical advice.

If someone is being inappropriate; saying sexual things or asking you to do things that you feel are wrong, start by saving the conversation, blocking them and then report it to CEOP using ‘[**CEOP report**](http://www.ceop.police.uk/report-abuse/)’ Sometimes, people can seem really friendly and then do things which make you question the friendship and make you feel weird.

**Feeling pressured to do things you don’t want to**

People who are looking to abuse young people online will often manipulate relationships and pressure you into doing things you feel uncomfortable with. Examples of this can include talking in a way that you don’t like, asking you to do things on webcam or with your camera that feel wrong or uncomfortable or making you feel anxious or trapped in a romantic or sexual relationship.

The first thing to realise about this kind of relationship is that it is wrong. Adults who pressure young people into doing anything that they don’t feel comfortable with should be reported using ‘[**CEOP report**](http://www.ceop.police.uk/report-abuse/)’ and blocked. They can be very clever and make you feel as though you have to do something because you owe them, or because otherwise they will get you in trouble.

This is wrong and you should report them.

**Will I get into trouble?**

**NO!**

You need to know that you won’t be in trouble, whatever you have done. These adults are sometimes very skilful at making those they abuse or try to build a relationship with, feel guilty about what has happened. They do this to try and make the young person keep quiet about what has happened. It can make you feel unsafe and dirty. If someone does this to you, the responsibility for what happened is theirs, not yours and you can talk it through with a number of different people. [**Find out who here**](http://www.thinkuknow.co.uk/11_16/report/contact/)

If you are worried, you may want to tell someone who can help make it stop, or you might want to get some extra advice or find out more. This page is here to help you know who you can talk to.

**I need to tell someone...**

If you believe that you or someone else is in immediate danger, please call the Police on 999.

|  |  |  |  |
| --- | --- | --- | --- |
| **Issue** | **Organisation** | **Links** | **Phone Numbers** |
| Cyberbullying | Cyber mentors | [**www.cybermentors.org.uk**](http://www.cybermentors.org.uk) |  |
| Inappropriate Web Content | Internet Watch Foundation | [**www.iwf.org.uk**](http://www.iwf.org.uk) |  |
| Online abuse | CEOP | **Error! Hyperlink reference not valid.** |  |
| Online abuse | NSPCC Childline | [**www.childline.org.uk**](http://www.childline.org.uk) | 0800 1111 |

**Cyber bullying**

Cyber bullying is when someone uses the internet or mobiles to deliberately upset someone else. This is a form of bullying and you shouldn’t have to put up with it.



**How is it different to normal bullying?**

By using technology like mobiles or the internet, this type of bullying can affect someone not just at school, but at home as well. Because it takes place in the virtual world, it has a 24/7 nature and can make someone feel upset or threatened in their own home.

It can sometimes be hard to identify who the cyberbully is because they could block their number or post things on a website anonymously. The nature of this type of bullying means it can have a large audience, many of whom may not even realise they are being bullies.

A positive thing about this kind of bullying is that it can be evidenced. With normal bullying, it can be one person’s word against another’s, but with cyberbullying you can save texts or print our emails / IM’s / WebPages. This can be used as proof to catch the bully and stop them upsetting someone; this could be you or a friend.

**What can I do?**

Save all evidence you have of the bullying. If you have nasty emails or things posted on your profile save them to your machine so you can use it as proof. Save texts or voicemails that say anything horrible. Learn how to [**block the bully**](http://www.thinkuknow.co.uk/11_16/control/chatrooms.aspx) on IM or delete them from your contacts.

Try not to reply or retaliate to things they say or do; it might make the situation worse. If you don’t respond, they are more likely to get bored and move on.

If you are being bothered via text, contact your service provider. Each network has a special area for this sort of problem. Check out their website or call them for advice or a free number change.

**Contacts:**

* O2: ncb@o2.com or 08705214000
* Vodafone: 191 from a Vodafone phone or 08700700191 (pay monthly) & 08700776655 (pay as you go)
* 3: call 333 from a 3 phone or 0870733033
* Orange: Call 450 on an Orange phone or 07973100450
* T-Mobile: Call 150 on a T-mobile phone or 08454125000

**The Law**

Although bullying is not a specific criminal offence in UK law, criminal and civil laws can apply in terms of, for example, harassment or threatening behaviour, and particularly relevant for cyberbullying – threatening and menacing communications:

* Protection from Harassment Act 1997, which has both criminal and civil provision
* Malicious Communications Act 1988
* Section 43 of the Telecommunications Act 1984
* Communications Act 2003
* Public Order Act 1986

**Racism and Xenophobia**

If you’re being bullied because of where you come from or the colour of your skin, this is racism and depending on what is being said and where, could be a criminal offence under “inciting racial hatred” laws.

**What does Xenophobia mean?**

Xenophobia means someone has an unreasonable distrust or hatred of strangers, foreigners, or anything perceived as foreign or different. These kinds of feelings may be directed against you and this is unacceptable.

**What should I do if someone else is being cyberbullied?**

If you know someone that is being cyberbullied or have seen nasty profiles or messages going around, it is your duty to report it. Cyberbullying is really scary for the person being bullied as the audience can be huge, loads of people could be seeing the mean things that have been said and done. If you see anything that looks like cyberbullying, it is your duty to report it. Tell an adult you trust about what is going on and they will be able to help offer support to the person who is being bullied.

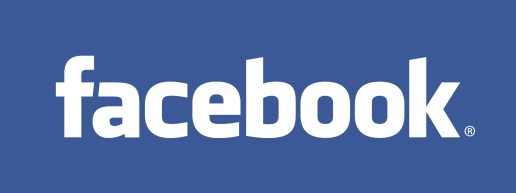
Don’t participate in forwarding pictures, messages or insults about a person. You may think it is a joke, but you could be really upsetting the person involved and even commiting a crime. To look at or forward this sort of stuff means you are contributing to cyberbullying.

Standing back and letting it happen can be just as bad. If you are worried that someone is getting threatened or hurt by others, offer them support or inform an adult you trust so they can help make it stop.

Always respect other people and be aware of what you’re sending and receiving whilst online.

**Social Networking Sites**

There are a number of things to think about when using social networking sites:



**What information you give out...**

Be careful what information you give out on your profile. Remember that you don’t know who your friend’s friends are… or your friend’s friends’ friends! And you don’t know what they’ll do with your picture or your phone number if you give it out by mistake. Once your picture is out there, it’s out there forever and you won’t be able to get it back.

Be aware that information on your profile could potentially be viewed by anyone. So if you wouldn’t be comfortable printing it off and handing it out on the street, maybe it shouldn’t be on your profile.

[**Who's ya buddy?**](http://www.thinkuknow.co.uk/11_16/everything-else/games/buddy/)

Use a nickname or your initials instead of your name – you don’t want just anyone knowing who you are. Consider changing your photo to a cool graphic or picture of your favourite band, that way strangers won’t have access to a picture of you. It’s not a great idea to post where you’re going on your profile or twitter or where you live. Think through if you’d want everyone who can view the post to turn up at any time!

**Who to chat to...**

Think through who you want to chat to and how many of your personal thoughts you want anyone to view. Sometimes, it can seem a good idea to share what you got up to with your boyfriend last night, or the argument you had with your best mate; but as you’re writing – remember that information could be public forever! It is tempting to share loads of stuff on your profile, especially since you’re often typing from the comfort of your own home. But remember, the internet is a public space. Test yourself by asking “would I want my teacher/Mum/Dad/ stranger on the train to see this?!” If the answer’s no… don’t post it!

**Who to accept...**

Be careful who you agree to accept into your forums / private chat areas. Unfortunately because there are so many young people using these sites, adults with bad intentions will use them to make contact with children too; so you’re safer to only chat to people you know in the real world.

If you know someone… who knows someone… who knows someone, it doesn’t make them your friend, so think carefully about whether you should be chatting to them and what kind of things you’re saying.

**Where to go for help...**

If you feel anyone is being weird with you or your friends; or if someone is bullying you on one of these sites – contact the administrator of the chat area. If they don’t get back to you – you might want to think twice about using the site again.

If it’s really serious – like you think the person contacting you may be an adult who wants to abuse you or your mates, report the issue on this thinkuknow site using.



**Privacy Settings**

Use your Privacy Settings. Adjust your account settings (sometimes called “Privacy Settings”) so only approved friends can instant message you. This won’t ruin your social life – new people can still send you friend requests and message you, they just won’t be able to pester you via IM. This means that people you don’t want to see your profile can’t!

Some social networking sites are really well run and the administrators will try to help you remember to keep your personal information to yourself. Others are not so good – so be careful when choosing which areas you go to.

**Uploading pictures**

Only upload pictures that you’d be happy for your mum to see – anything too sexy to be passed round the dinner table should NOT make it onto the web, as you don’t know who could be looking at it or what they might be doing with it.

Don’t post your phone number or email address on your homepage. Think about it – why would anyone actually need this info when they can message you privately via your social networking site?

Don’t post pictures of you or your mates wearing school uniform – if dodgy people see your school badge, they can work out where you are and find you. The more anonymous you are, the less vulnerable you are to people with bad intentions.

Tick the “no pic forwarding” option on your settings page – this will stop people forwarding your pictures to anyone without your consent.

**Blogging**

Don’t give too much away in a blog

Yes, tell the world you’re going to a party on Saturday night. But don’t post details of where it is. Real friends can phone you to get details, why would a complete stranger need to know this information?

**Sexting**

Sexting is when somebody uses their mobile phone to send an inappropriate text or image to other people. This can be offensive to you or people that receive these images and you shouldn’t have to put up with this.

Even if you think that you are happy to send or receive a message from someone, once you have sent it you have lost control of it. Anyone could come across or find the images, such as your future employer or even your mum or dad!

You will also be making yourself more vulnerable to people who use technology as a way to access and abuse young people, or more commonly you could be bullied for sending indecent images.

**The Law**

By sending indecent pictures of a person under 18 on to someone else you could be breaking the law.

If a teenager were to have in his / her possession an indecent image of another minor, they would technically be in possession of an indecent image of a child, which is an offence under the Sexual Offences Act 2003.

**Who should I tell?**

If you are upset by an image you have received or you are worried you can call Childline and talk to someone in confidence



If you have received an indecent image or you are worried about someone else you can report through



**Mobiles**

**Your number**



It's a good idea to only give your number out to friends who you know in the real world. If your mobile number is given to people that you don’t know, they may hassle you. This is why it’s also best not to put your number on your profile of your social networking site (like Bebo, MySpace and Facebook).

**Camera phones**

Whilst having a camera phone is cool and really useful, be careful if you share your photos with others. Pictures can be changed or shared around, so think about what the image is and who you are sending it to, before you press send. Once it’s out there it’s out there forever!

**Bluetoothing**

Bluetoothing is a quick and easy way of sharing stuff like photos, files and music. It’s important to be aware that unless you lock your Bluetooth, anyone in the area can access things in your phone, like your contacts. If you don’t want to share this information with strangers (why would you?!), then make sure you lock your Bluetooth.

It’s also a good idea to change your password from the default setting of 0000 so people can’t guess it. Locking your Bluetooth can help reduce the risk of getting viruses or spam to your mobile.

**Harassment**

If you are receiving unwanted or insulting texts, you can contact your service provider.

If you think that you are being targeted by other people, and they are upsetting you, [**have a look at the cyberbullying section**](http://www.thinkuknow.co.uk/11_16/control/cyberbullying.aspx) of this guide.

**GPS Tracking**

The worrying thing about the social networking using GPS technology, is that your contacts will be on a map, showing exactly where they are. If you can see them, your contacts can also see where you are too. Quite scary if you have contacts on your profile that you don’t know or don’t trust. If you do want to use these sort of apps, you need to remember to use your privacy settings and remove anyone you don’t know or don’t trust, from your contacts.

**Uploading Videos Online**

**Posting clips of you and your friends can be fun, but be careful.**

Remember that any video uploaded on the net could potentially be there forever for anyone to see; that includes your parents, teachers, future university or employer!

Also remember that if you post films with you or your friends in them, you are allowing people to potentially find out information that you wouldn’t normally share.

Think about whether your clip identifies you, your school, and the place you live or puts your friends at risk before you post.

**Video hosting sites**

Video hosting sites like YouTube do have the ability to take down inappropriate or offensive content. The video will need to be illegal or to have broken the terms and conditions of the site On YouTube you can report by creating an account and logging in, once you have done this – you can ‘flag content as inappropriate’. This option can be found under the video itself.

**Gaming**



Online games where you chat and play with people you don’t know can be great - but there are risks too.

Sometimes it’s easy to get so involved in a game, that you feel like you'll do anything to win, or get to the next level. It’s easy to become addicted, so try to take breaks and keep realistic.

Remember that no one will die in real life if you don’t win and that there are other things you can have fun playing offline.

Adults with bad intentions know that loads of young people use gaming sites, so sometimes they pretend to be young people too.

Make sure you remember whilst playing, that people are not always who they say they are.

**Personal Details**

Be careful that you don’t get tricked or blackmailed to give out any personal details like:

* your IM address
* your email address
* your photo
* your real name
* where you go to school
* use a nickname as your username/ character name

**You don’t need to share personal information to enjoy the game!**

**Rating system**

There is a new rating system in Europe called [**PEGI**](http://www.pegi.info) which can help you decide if you want to be involved in a game or not. It’s a bit like film classification and tells you which age group the game is appropriate for and what kind of content it might contain. **V**

**Violence**



Game contains depictions of violence

**Discrimination**



Game contains depictions of, or material which may encourage, discrimination

**Sex**



Game depicts nudity and/or sexual behaviour or sexual references

**Drugs**



Game refers to or depicts the use of drugs

**Fear**



Game may be frightening or scary for young children

**Bad Language**



Game contains bad language

**Chat rooms and IM**

Chat rooms or chat areas on websites are a great way to stay in touch and meet people. However, there are some bad things that you should be aware of.

**It's very easy for people to lie about who they are**

Even if you’ve been chatting to the same person for ages and you feel like you know them, remember it’s very easy to lie on the internet and there is no way of knowing if someone is telling the truth. Even if someone shows you a photo of themselves, this could be a picture of someone else or could be faked. This applies to webcam or video footage too; seeing a person in a video, does not mean it’s them.

**Sharing personal information**



Be careful not to share too much information with other people in chat rooms. You don’t know who could be listening in or what they might do with that information. If you wouldn’t be comfortable yelling it out in a crowded room, its best not to write it in a chat room.

There are some adults who will try to get in touch with young people and children because they have bad intentions. Bear this in mind whilst you use chat areas. If anything makes you suspicious tell an adult you trust or report any serious concerns to us using [**ClickCEOP**](http://www.ceop.police.uk/report-abuse/).

**Blocking people**

Make sure you know how to block Instant Messaging contacts. They will not be told you have blocked them; you will just appear offline in their contacts list, so they cannot message you. Don’t forget you can always delete a contact if you don’t wish to talk to them anymore.

On Windows Live Messenger you can block a user by right clicking on their icon in your contacts list and choosing ‘block’

**Saving evidence**

It’s also a good idea to learn how to save conversations. This way, if anything weird or dodgy happens, you have evidence of it and you can show it to an adult you trust or copy and paste it into our reporting form.

If you think someone has hacked into your account – report it to the people who run the site.



Look out for this icon on other websites. This means that you can report abuse directly to CEOP from those sites. For example, MSN Live Messenger has a tab with this icon.

**Pro eating disorder websites**

There are some websites out there that promote or encourage people to have eating disorders (like anorexia and bulimia) and give an unhealthy image about body weight. These sites can be disturbing to come across and can influence how some young people behave. Because the disorders themselves aren’t illegal, the websites talking about them cannot be illegal. But the Eating Disorders Association is working with internet service providers to help ban these sites in the UK and protect you from what they are saying. It is possible to block these sites if you have filtering software on your computer. There are some filtering tools in your normal internet browser and you can use these if you want to block a specific web address. To use this you can click on ‘tools’ on your browser menu and then click on ‘internet options’, then choose ‘content’.

If you or someone you know has been affected by an eating disorder or a website about this, please [**go to the who can I tell section**](http://www.thinkuknow.co.uk/11_16/report/eating-disorder/).

**Child Trafficking**



**What is child trafficking?**

Lots of people might have heard of child trafficking, but not many people know exactly what it means. Child trafficking is the movement of a young person for the purpose of exploitation. This includes:

* A young person being bought or sold for money
* A young person being tricked into leaving home
* A young person who is given away by their family because the family need money
* A young person who is made to leave their home because of war
* A young person who chooses to leave home, thinking they are going to a better life

The move of the young person can be international or within the same country. There could be lots of reasons the person has moved. The reasons for the move generally benefit the people who take the young person and the people who exploit or abuse them. The young person does not benefit from the move. In fact in most cases; the young person suffers because they have been forced or tricked into moving.

Sometimes an adult will lie to a young person and promise them a better life. However, the new life turns out to be horrible and the young person is treated badly. The young person could be forced or tricked into moving to a completely new country, where they don’t know anyone or even speak the language. This can be really scary. They might be forced to work for free, marry someone they don’t want to, live in bad conditions or do things they don’t want to do. The things the young person is made to do can upset or hurt them.

**What are the signs of someone being trafficked?**

It’s difficult to know what goes on in other people’s homes, but there are some signs you can look out for that often hint that a young person is a victim of child trafficking. One or two of these signs might not necessarily mean this person has been trafficked, but if you or someone you know reminds you of some of the points below, go to the [**where can I go for help**](http://www.thinkuknow.co.uk/11_16/report/child-trafficking/) section.

* Physical signs that someone has tried to hurt them (bruises/cuts)
* Does not come into school all the time
* Has different adults around them quite a lot
* Often seems tired or worn out
* Does not often speak to other people or seems withdrawn
* Seems to be afraid of people in authority (teachers/adults)
* Gets angry easily or can be violent
* Looks like they find it difficult to concentrate or focus on something
* Have moved to the UK a while ago, but still don’t really know the language
* Have suggested they don’t live with family or have a bad time at home

**How common is child trafficking?**

Child trafficking is growing more common and affecting the lives of more young people everyday. It is possible that someone you know or go to school with is a victim of child trafficking. This is why it’s so important to be aware of how to recognise and help someone who has been trafficked. To learn more about trafficking and how common it is, visit www.stopthetraffic.org

**What does the law say about child trafficking?**

Trafficking young people is a type of abuse and is a criminal offence. The adults who are abusing, exploiting or hurting these young people are breaking the law and should be reported. You do not have to put up with it. The law also says the young people who have been trafficked must be protected from harm.

**Hacking and viruses:**

It can be really annoying and sometimes upsetting to have one of your accounts hacked into or get a virus on your computer.

To help protect yourself from hackers it's a good idea to create a strong password that cannot easily be guessed. Putting extra things like capital letters or numbers in a password can make it stronger and less easy for someone to imitate.  It's important to keep your passwords private, even from your friends, as this reduces the risk of others getting hold of it.  A lot of people use the same password for different accounts.  It's a good idea to use different passwords, or at least vary them slightly for each different account. This means that if someone does get hold of your password, they can't then get into lots of your different accounts.

If your account has already been hacked, go into your account and change the password immediately.  If you have been locked out of your account, contact the hosts of the website to ask for either, the account to be opened to you or deleted completely.

For lots of advice and information on protecting yourself from hacking or what to do if your account has already been hacked, visit [www.getsafeonline.org](http://www.getsafeonline.org)

**KEEP YOUR PASSWORD PRIVATE**

To help protect yourself from viruses, don't click on links that you are sent (in email, IM, posted on your wall, etc) that are from somebody that you don't know or don't trust. It is also important to make sure that you have up to date anti virus software on your computer.

For lots of great advice about how to prevent or deal with viruses, have a look at [www.getsafeonline.org](http://www.getsafeonline.org)

**Sexual Abuse**

Sexual abuse can happen to anyone - boys or girls. If you are being sexually abused it's not your fault and you're not alone.

**What is sexual abuse?**

**Sexual abuse is when:**

1. You're being touched in a way you don't like
2. You're being forced to have sex
3. You're forced to look at sexual pictures or videos
4. You're made to watch someone do something sexual. This can include someone flashing or exposing themselves to you; this can be via webcam, pictures or in person
5. You're made to do something sexual to someone that feels uncomfortable or wrong; again, this can be online or in the real world

If this is happening to you, you might think that it's your fault. It isn't. No-one has the right to sexually abuse you, even your boyfriend or girlfriend. If you speak out about it, there are people who care - they will listen to you and help you.

It doesn't matter who the person is that is making you do these things, they are sexually abusing you. It is possible to be sexually abused by someone you know and love. This does not make what they are doing okay.

**Is it sexual abuse if no-one actually touches me?**

If someone touches themselves in a sexual way in front of you, or if they want you to touch yourself sexually in front of them (this could be online on webcam or through pictures) that's still sexual abuse. You are being sexually abused if someone makes you look at sexual material such as photos or films.

**Will my boyfriend/girlfriend leave me if I don't have sex with them?**

No-one should be forcing you or pressuring you into having sex. If you're under age 16, the law states you shouldn't be having sex at all. If you're over 16 and someone's trying to force you, that's illegal too. The law is there to protect you and keep you safe, not to get you in trouble.

If you are having sex with someone who is above the age of consent and you are underage, it is the person you are having sex with who is in the wrong, and not you.

Sex should be part of a loving and trusting relationship and if your sexual partner is putting pressure on you then they are not respecting you or how you feel. You do not have to stay with anyone who is making you do something that you do not want to do.

Talking to someone you trust about how you are feeling will help.

**Who could be a sexual abuser?**

It is more likely that sexual abuse would be by someone you know - it might even be someone you love and trust, male or female, old or young.

**It's really embarrassing - do I have to talk about everything?**

Sex when you don't want it is an abuse of you, and sexual abuse from someone you know is confusing and destroys trust. People who sexually abuse others are sometimes very skilful at making those they abuse feel guilty and ashamed about what happened so that they keep quiet about it. Sexual abuse can make you feel unsafe and dirty. If someone sexually abuses you the responsibility for what happened is theirs, not yours.

**Who can I tell if I’m worried?**

There are lots of people who want to help.

**Dimensions LEAD Designated Safeguarding Contact –**

**Andrea – 07879162660**

**Your TUTOR OR YOUR aCADEMY SAFEGUARDING CONTACT**

Below are websites and contacts for different situations

**Cyberbullying**

Tell an adult you trust about the cyberbullying. This could be a parent or carer, a teacher at your school, an aunt or uncle. If you tell someone they can help make it stop. The evidence you have saved can then be passed onto the adult you have told.

You can also talk to CyberMentors. They are a group of young people who can talk to you about the bullying and give helpful advice and support. Find them at [**www.cybermentors.org.uk**](http://www.cybermentors.org.uk)

If you feel you can’t talk to someone just yet, call Childline in confidence on 0800 1111.

For more information and advice you can visit a great site called Beat Bullying: [**www.beatbullying.org**](http://www.beatbullying.org)

**If you’re being bullied because of your sexuality, there are a number of organisations who you can talk to:**

* **Queer Youth Network** [**www.queeryouth.org.uk**](http://www.queeryouth.org.uk)

QYN is a national non-profit making organisation that is run by and for Lesbian, Gay, Bisexual and Transgendered (LGBT) and Queer Young People and is based in the United Kingdom. It campaigns to promote the rights and views of LGBT young people. It provides young people with a place to interact and get involved with the grass-roots campaigns.

* **London Gay and Lesbian Switchboard 0207 8377324 (24 hours)**

This helpline offers confidential advice for young people who are experiencing confusion or problems regarding their sexual orientation.

* **LGBT Youth Scotland** [**www.lgbtyouth.org.uk**](http://www.lgbtyouth.org.uk)

LGBT Youth Scotland is a national youth organisation. It provides a range of services and opportunities for young people, families and professionals the inclusion of lesbian, gay, bisexual and transgender young people in the life of Scotland. It has good advice sections on coming out and forming healthy relationships and how to deal with homophobic bullying.

**Racism**

**People are being racist – what can i do?**

There are a number of great websites which can help you learn more about racism and xenophobia and what to do about them.

Report incitement to racial hatred content hosted in the UK to the Internet Watch Foundation at [**www.iwf.org.uk**](http://www.iwf.org.uk)

Law Centres provide an independent legal advice and representation service. They employ specialists in areas of ‘social welfare’ law and help individuals and local groups with problems.

The Equality and Human Rights Commission is a statutory body established under the Equality Act 2006. It is the independent advocate for equality and human rights in Britain. It aims to reduce inequality, eliminate discrimination, strengthen good relations between people, and promote and protect human rights. The Commission enforces equality legislation on age, disability, gender, race, religion or belief, sexual orientation or transgender status, and encourage compliance with the Human Rights Act and international treaties.

Muslim youth is a helpline for young Muslims; you can contact them at [**www.myh.org.uk**](http://www.myh.org.uk)

A great website is [**http://www.bullying.co.uk**](http://www.bullying.co.uk) it explores issues around bullying and racism.

[**www.coastkid.org**](http://www.coastkid.org) A useful site about bullying/racsim

If you just need someone to talk to in confidence, call Childline for free, on 0800 1111.

If you are being bullied and you feel you can no longer cope, you can ring the Samaritans on 08457 90 90 90 or email [**jo@samaritans.org**](mailto:jo@samaritans.org)

**Pro eating disorder websites**

If you or someone you know has been affected by an eating disorder, you are not alone and there are people you can talk to.

We recommend that you speak to an adult you trust or go to you local GP. You can also visit Beat –Beating Eating Disorders (it used to be called the Eating Disorders Association) at [**www.b-eat.co.uk**](http://www.b-eat.co.uk)

**Contact Details**

If you are worried, you may want to tell someone who can help make it stop, or you might want to get some extra advice or find out more. This page is here to help you know who you can talk to.

**I need to tell someone...**

If you believe that you or someone else is in immediate danger, please call the Police on 999.

|  |  |  |  |
| --- | --- | --- | --- |
| **Issue** | **Organisation** | **Links** | **Phone Numbers** |
| Cyberbullying | Cyber mentors | [**www.cybermentors.org.uk**](http://www.cybermentors.org.uk) |  |
| Inappropriate Web Content | Internet Watch Foundation | [**www.iwf.org.uk**](http://www.iwf.org.uk) |  |
| Online abuse | CEOP | **www.thinkuknow.co.uk** |  |
| Online abuse | NSPCC Childline | [**www.childline.org.uk**](http://www.childline.org.uk) | 0800 1111 |

**I need to find out more...**

|  |  |  |  |
| --- | --- | --- | --- |
| **Issue** | **Organisation** | **Links** | **Phone Numbers** |
| Chat Rooms | CEOP | [**www.thinkuknow.co.uk**](http://www.thinkuknow.co.uk) |  |
| Cyberbullying on your mobile | O2 | [**ncb@o2.com**](mailto:ncb@o2.com) | 08705214000 |
| Cyberbullying on your mobile | Vodafone | [**http://parents.vodafone.com/cyberbullying**](http://parents.vodafone.com/cyberbullying) | 191 from a Vodafone phone or 08700700191 (pay monthly) & 08700776655 (pay as you go) |
| Cyberbullying on your mobile | 3 | [**www.three.co.uk/Help\_Support**](http://www.three.co.uk/Help_Support) | Call 333 from a 3 phone or 0870733033 |
| Cyberbullying on your mobile | Orange | [**www1.orange.co.uk/safety/**](http://www.help.orange.co.uk) | Call 450 on an Orange phone or 07973100450 |
| Cyberbullying on your mobile | T Mobile | [**www.support.t-moblie.co.uk**](http://www.support.t-moblie.co.uk) | Call 150 on a T-mobile phone or 08454125000 |
| Eating disorders | B-eat | [**www.b-eat.co.uk**](http://www.b-eat.co.uk) | 0845 634 6750 young person’s helpline |
| Hacking | Get Safe Online | [**www.getsafeonline.org**](http://www.getsafeonline.org) |  |
| Homophobia | Queer Youth Network | **www.queeryouth.org.uk** |  |
| Homophobia | London Gay and Lesbian Switchboard |  | 0207 8377324 (24 hours) |
| Homophobia | LGBT Youth Scotland | [**www.lgbtyouth.org.uk**](http://www.lgbtyouth.org.uk) | 0870 383 4796 |
| IM | CEOP | **www.thinkuknow.co.uk** |  |
| Mobiles Products and Services | CEOP | **www.thinkuknow.co.uk** |  |
| Online gaming | CEOP | **www.thinkuknow.co.uk** |  |
| Online abuse | CEOP | **www.thinkuknow.co.uk** |  |
| Online abuse | NSPCC Childline | [**www.childline.org.uk**](http://www.childline.org.uk) | 0800 1111 |
| Racism | Britkid | **www.britkid.org** |  |
| Racism | Muslim Youth | **www.myh.org.uk** | 0808 808 2008 |
| Social networking | CEOP | **www.thinkuknow.co.uk** |  |
| Viruses | Get safe online | [**www.getsafeonline.org**](http://www.getsafeonline.org) |  |
| Xenophobia | Childline | [**www.childline.org.uk**](http://www.childline.org.uk) | 0800 1111 |

**Child trafficking**

**Where can I go for help?**

If you or someone you know is a victim of child trafficking, you need to call the police on 999. We also suggest that you tell an adult you trust about it. Or if you want confidential advice, you can call **ChildLine** on **0800 11 11** or visit [**www.childline.org.uk**](http://www.childline.org.uk). This number will not show up on your phone bill.

**Know Your Rights!**

I’m sure you’ve got a pretty good idea of what things you probably shouldn’t be doing and what things other people shouldn’t be doing to you. But do you know exactly what the law says and how it relates to you? There are loads of different laws that are there to protect young people and also some laws that make young people take responsibility for their actions. We’ve added this section to help give you a bit of a snapshot of your rights as a young person and exactly what you can be accountable for.

**Age of criminal responsibility**

10 years old is the age of criminal responsibility. Basically once you reach this age, people expect you to take responsibility for your actions….this includes getting punished for them.

**Age of consent**

The law (according to the Sexual Offences Act 2003) says that anyone under the age of 16 cannot consent to sexual activity. The law says that someone of this age cannot consent and therefore there is NO defence for anyone who is having sex with someone they know is under 16. Anyone who is doing this may be prosecuted. Even if both people are under the age of 16, you can be prosecuted. This might include being put on the sex offenders register and getting a criminal record.

If someone is sexually touching a person under 16 years old or asking them to do a sexual act, this is against the law and the person can be prosecuted under the Sexual Offences Act 2003.

**Under 13**

If someone is acting in sexual way to a person under 13 years old or asking them to do a sexual activity, this is against the law and the person can be prosecuted under the Sexual Offences Act 2003. There are NO defences in court if the young person is under 13 years old and the other person can be prosecuted. This person can still be prosecuted even if they are under 16 or even under 13 too.

**Making contact**

An adult, who makes contact with a young person to have a sexual relationship with them, is breaking the law according to the Sexual Offences Act 2003.

**Harassment**

If anyone is mean to another person based on ethnicity, race or sexuality, this is against the Protection from Harassment Act 1997 and they can be prosecuted.

**Cyberbullying**

Someone who is cyberbullying (bullying using technology) another person can be prosecuted according to the Malicious Communications Act 1988.

**'Sexting'**

'Sexting' (sending a sexual photo of yourself or someone else via text) is against the law as whoever has that picture on their phone, is technically in possession of an indecent image of a child. If the people involved in sexting are under 18, this is illegal (even if the person is your boyfriend or girlfriend). This means that person can be prosecuted under the Sexual Offences Act 2003.