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control of it. Respect the privacy of your friends and don't give out numbers or emails without their permission.

Keep alert - accepting emails, instant messages or opening files from people you don't know or trust can get you into trouble - they may contain viruses or nasty messages.

Keep it secure - never give out your passwords.

Keep safe - you have a right not to be harassed or bullied online. Make sure you tell someone if this happens to you.

Remember to apply the same rules when using mobile phones.

For further information on e-safety visit the following websites:

Child Exploitation and Online Protection(CEOP) Centre - **www.ceop.gov.uk**

Online safety for young people and their parents - **www.thinkuknow.co.uk**

ChildLine - **www.childline.org.uk**

Insafe - **www.saferinternet.org**

Internet Watch Foundation - **www.iwf.org.uk**

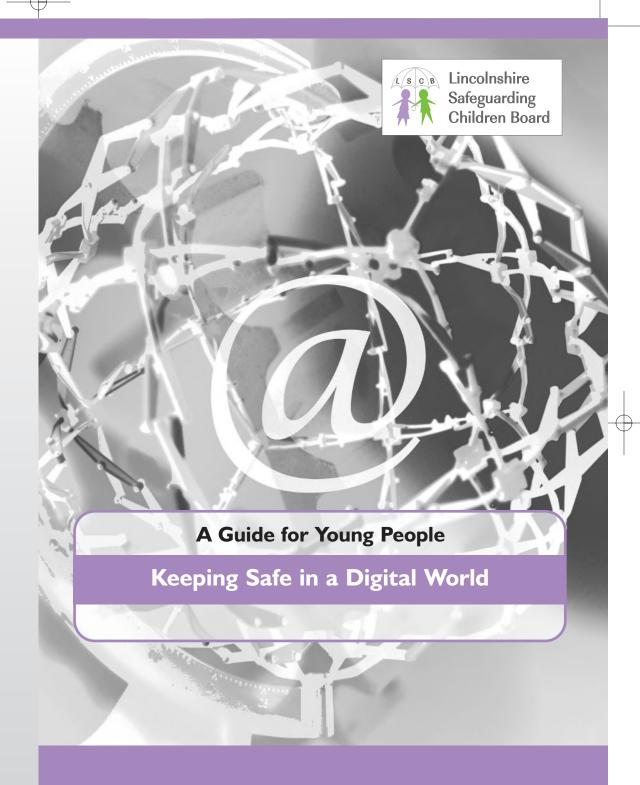Kidscape - **www.kidscape.org.uk**

Childnet International - **www.childnet-int.org**

Stop it Now! - **www.stopitnow.org.uk**

Cyber Mentors - **www.cybermentors.org.uk**

Kidsmart - **www.kidsmart.org.uk**

BBC Online Safety - **www.bbc.co.uk/onlinesafety**

Lincolnshire Safeguarding Children Board

A Guide for Young People

Keeping Safe in a Digital World

Introduction

'Young people are now citizens born into a digital world, growing up surrounded by and immersed in the technology and tools of the digital age.

While it is clear that technology offers you unprecedented opportunities to learn, communicate, create, discover and be entertained in a virtual environment, there are some risks. And while your confidence and skill in using the technologies is often high, your knowledge and understanding of the risks may be low'. *(Becta (2008) 'Safeguarding Children in a Digital World')*

The information in this leaflet is designed to help you understand the potential risks and give you tips on how to keep safe when using technology.

The 3 Cs that may present risks to young people using technologies:

Content - you might be exposed to inappropriate content which may upset or embarrass you, or which could potentially lead to your involvement in crime and anti-social behaviour.

Contact - some use the internet to groom young people with the ultimate aim of exploiting them sexually. ICT offers new weapons for bullies who may torment their victims, for instance using websites or text messages.

The recent popularity of social networking sites brings new e-safety challenges, with many young people making available online some detailed – and sometimes inappropriate – personal information, which again raises both content and contact issues.

Commerce - while the internet offers new opportunities for doing business online, it also brings with it many unscrupulous traders to whom children and young people may be particularly vulnerable.

You need to develop your own set of responsible behaviours to keep you safe online, but equally you should know that,

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if things go wrong, you can seek help and support from any trusted adult.

Lincolnshire Safeguarding Children Board promotes the 'THINK U KNOW' education and awareness programme available through CEOP (Child Exploitation and Online Protection Centre). It encourages you to stay in control when using technologies.

Tips to keep you safe online

Keep it online - don't give out personal contact details like mobile phone number, home address, name of your school or anything that gives away your location.

Keep it legal - be aware of the legal consequences of online activities. This includes downloading music and films or harassing other people. You are not anonymous online and things can get traced back to you. If you receive a rude or embarrassing image don't pass it on. Distributing sexual pictures of other young people by internet is harassment and could be illegal.

Keep in mind - not everyone you meet or see online is reliable. Online contacts are strangers no matter how long you have been talking to them or how friendly they are. Never arrange to meet someone you have only talked to online without checking with a responsible adult.

Keep in control - adults who go online to chat to young people and arrange to meet in order to have sex are breaking the law. If you meet someone online and conversations make you feel uncomfortable report it to the police at www.thinkuknow.co.uk. If you get messages which annoy or upset you don't reply, keep a record and report to an adult or your internet provider.

Keep your mates safe - think before you send a picture or video and always ask permission from your friends. Once you have sent a picture you have lost