



Tips and advice for children and young people

Social media is a great way to keep in touch with friends.

During lockdown seems like a good time to catch up, play games online and use popular apps to share photos, messages and chat.

It's easy to take risks without even knowing but we want to help keep your online experience a fun and positive one by taking some simple steps.

Norfolk's Safeguarding Children Partnership (NSCP) is here to help give some tips to help with #OnlineSafetyAtHome.

You might have made your online accounts public so they can get more likes and shares. Do you know whether your account is private and do you think about who you're adding as a friend?

Here are some tips to stay safe online:

- Keep your device secure –do not share log-in information or passwords, check your settings and who can view your content.
- Don't share your personal details like your name, date of birth, age, address or school and think about posting content with school logos or door number in the photo.
- Think about who you are sending requests to and receiving them from – do you know them in real life? Only add people you know in real life.
- Think before you post – once the content is in a public space it can be shared with anyone.
- Think about who you are talking to – people can trick you into trusting them and sharing your information.
- Fake accounts – information and photos may have been stolen. You may be asked to meet up with someone who is pretending to be someone else. Make sure you check with someone in person they are who they say there are – don't arrange to meet anybody you've only spoken to online.

Norfolk County Council, Children's Services have launched a new phone line and text message service for children and young people to use. We hope you are feeling happy and safe at home, however if you're feeling unsafe or scared, then don't keep it to yourself. We're here to help you!

Text us on: 07480 635060
Call us on: 0344 800 8029

More information and advice online from Norfolk County Council:

<https://www.norfolk.gov.uk/children-and-families/children-and-young-peoples-hub>

Further advice on sharing information and staying safe online here from our Safer Schools Partnership:

Internet safety - staying safe online

(Tory's video)

<https://youtu.be/rUJbL639IO0>

Information sharing

(Tory's video)

<https://youtu.be/NWztsvEfYFw>

Online bullying

(Hazel's Video)

https://youtu.be/OTeQ_pTLCYY

Bullying

(Tory's video)

Advice around -

'Don't post it forward' - Being kind on-line

<https://www.youtube.com/watch?v=nuL16c2gp-0>

Youth Voice video with OPCC Bullying response video 10

<https://youtu.be/P-YzV2E6R5o>

Internet Safety - sexting

(Tory's video)

<https://youtu.be/3YQTutdnrZI>

Internet Safety - gaming

(Hazel's video)

<https://youtu.be/l728l9aTFK0>

Fun videos

phonetic alphabet

(Hazel's video)

<https://youtu.be/gND9dh1YbJw>

Fingerprints

(Tory's video)

<https://www.youtube.com/watch?v=RRxkObAYUEs>