



Internet Safety Day: 11th February 2020

Ready for social media?

Want to stay in touch with your friends online? You'll know there are lots of 'social networking' websites and mobile apps that people use to chat, comment, share pictures and game with their friends.

You probably also know that for most of these sites, like **Snapchat, Facebook, Tik Tok, Instagram or Twitter**, you need to be at least **13 years old to sign up**. For some, like **Whatsapp**, you need to be even older.

If you're under 13 you shouldn't be using them – you'll be breaking their rules and could be putting yourself at risk.

Why?

There are lots of reasons why these sites can be unsafe for young people, even those over 13, so it's important that you don't use them until you know how to do so safely.

Remember - there's no rush to start social networking and there are plenty of other ways to stay in touch with your friends, chat and game until you're ready to use them safely.

If you're already using social networks, make sure you know what the risks are and what you can do to be safer.

Worried about something that's happened on a social network?

If you're worried about something that's been shared or said on a social network you might be able to report it to the website. Look on this website to find out how to report an incident:

https://www.thinkuknow.co.uk/11_13/help/Contact-social-sites/

Childline

[Childline](#) is a free helpline for children and young people. You can contact Childline about anything. No problem is too big or too small. Whatever your worry, it's better out than in.



childline
ONLINE,
ON THE PHONE,
ANYTIME
childline.org.uk
0800 1111



Childline is a private and confidential service. Confidential means not telling anyone else what you've said. This means that whatever you say stays between you and Childline.

They would only need to tell someone else if:

- You ask them to
- We believe your life or someone else's life is in immediate danger
- You are being hurt by someone in a position of trust who has access to other children like a teacher or police officer
- You tell us that you are seriously harming another young person

Call them on **0800 1111**. The number won't appear on your phone bill.

You can also visit www.childline.org.uk to speak to a counsellor online.

Share your experiences with other young people

Talk to other young people about your experiences and get support at the Childline messageboards. There are lots of young people talking about everything from sex and relationships to sport and fashion.

Report it - CEOP

[CEOP](http://www.ceop.police.uk) helps young people who are being abused or are worried that someone they've met is trying to abuse them.

If you've met someone online, or face to face, and they are putting you under pressure to do things or making you feel uncomfortable you should report to CEOP.

This might be someone:

- Making you do things when you don't want to
- Chatting about inappropriate things online
- Asking you to meet up face to face if you've only met them online
- Asking you to do inappropriate things on webcam
- Asking for inappropriate pictures of you
- Making you feel worried, anxious or unsafe

If this is happening to you, or you're worried that it might be, you can report this to CEOP.

www.ceop.police.uk/safety-centre