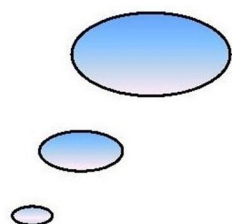# Think
Safe

Supporting people with
learning disabilities to **keep safe**

The Internet

This booklet is part of the 'Think Safe' Information Pack which includes:
Out and About • At Home • Hate Crime

The Internet

The internet can be great for...

Talking to friends

Shopping

Learning and finding out new things

Listening to music

Watching videos

Playing games

Email

Banking

And lots more

But whatever you use it for, it is important to know how to stay safe online

Basic Rules

If you use your own personal computer, make sure you have some anti-virus software to protect it

pumpk••••••• ✗

Don't tell people your passwords

College

Cafe

If you use the internet out and about like in college or a café, make sure you sign out of you email account before you leave

If you are worried about using the internet or think you are being bullied online, ask for some support to help you

Personal Details

Never give any personal information to anyone you meet on the internet

Don't tell people your name

Don't tell people where you live or your telephone number

Don't tell people your date of birth

Don't tell people your passwords

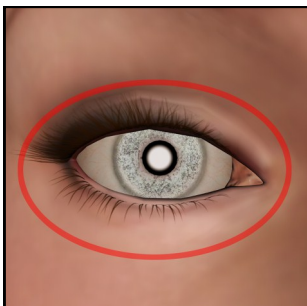Don't tell people your bank details

Social Networking

Social networking pages like Facebook and MySpace are a great way to keep in contact with friends

Be very careful about the information you give out

Your page is public, so don't put anything on that you wouldn't want people to see

Make sure you know someone well enough before adding them as an online 'friend'

You can change your 'privacy' settings so that only people you want to can see your page

Chat Rooms

Never give out personal information like your address or phone number

People in chat rooms often pretend to be someone they are not

Be careful if you use a web-cam. You never know who might be watching

It is not a good idea to meet up with someone you just met in a chat room

If you really want to meet someone, ask a friend or your carer to come with you and meet them in a public place
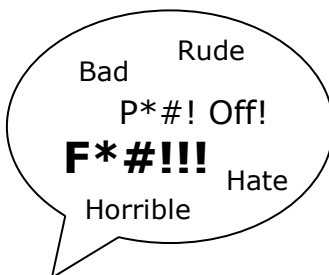
Emails

When you use email, you can often get messages from people you don't know. They could be...

Trying to sell you something

Sending you a virus, which can hurt your computer

Sending you rude pictures, videos or words that could make you upset or get you into trouble

If you get any emails from someone you don't know. Do not open it. Delete it
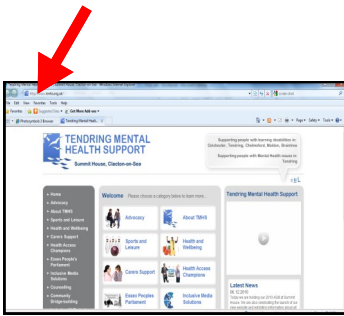
Shopping and Banking

When you buy things on the internet, make sure the company you are buying from is safe

https:

If the site you are buying from is safe then the address should start with **https:**

https:

The **S** means that it is safe and secure

Never send anyone your bank details in an email

Videos and Music

Don't upload videos of yourself on to sites like YouTube unless you are happy for everyone to see it

Be careful what videos and music you download

Make sure you are not breaking the law

Make sure you know the website is safe

If the web site is not safe, then you might download a virus which can hurt your computer

Remember

Never give any personal information to anyone you meet on the internet

Protect yourself and your computer with anti-virus software

Nothing is truly private on the internet

Don't believe everything you see and read on the internet

If you are not sure about something in this booklet, need help or are being bullied online, then tell someone you trust

Who can you talk to about keeping safe

If you are worried about keeping safe you can talk to someone you trust, like your family and friends, carer or key worker

Helpful telephone numbers

Social Care Direct

0845 6037630

Police Number

0300 3334444

If you need the police to come straight away because of a real emergency call: **999**