

STAYING SAFE ONLINE

ambassadors@anthonymolan.org
anthonymolan.org
0303 303 3002
Reg Charity no 803716/SC038827
2299RD 08/2020



saving the lives
of people with
blood cancer

STAYING SAFE ONLINE

While your activity as a Youth Ambassador shouldn't cause you any problems online, it's always wise to consider a few things whenever you use social media. Here's a few useful rules:

- Don't post any personal information online like your address, email address or mobile number.
- Think carefully before posting comments or pictures or videos of yourself. Once you've put something online most people can see it and may be able to download it, so make sure your happy sending it out into the world.
- Keep your privacy settings as high as possible.
- Never give out your passwords (sounds obvious, but it happens!).
- Don't befriend people you don't know.
- Don't meet up with people you've met online.
- Remember that not everyone online is who they say they are.
- Respect other people's views, even if you don't agree.
- If you see something online that makes you feel uncomfortable, unsafe or worried, leave the website, step away and turn off your computer. If you feel you need to, tell an adult you trust immediately.

If you experience any issues, have any questions or would like support, please contact Katie Day, Education Programme Lead, on katie.day@anthonymolan.org or **07788 385474**.

You can also access support from other organisations like:

- **Young Minds** - a youth-focused mental health charity with plenty of support and resources relating to social media. www.youngminds.org.uk
- **Thinkuknow** - a site specially designed to help young people think about online safety. There's an online advice centre if you need help with specific issues. www.thinkuknow.co.uk/14_plus

It's really important you stay safe online, so please make use of the support available if you feel you need to. Otherwise, happy lifesaving!