



Passwords

- Make passwords difficult for others to guess.
- A strong password should be more than six characters long and include a combination of letters, numbers, and symbols.
- Try not to use the same password for every website, if someone guesses it, they will be able to access all your accounts.
- Don't use your personal information or that of anyone you know (e.g. child's name and dob).

Selective Sharing

- When you share something on social media it has potential to reach many people, may be shared by others & can still be seen even after you've deleted the post.
- Never reveal your address, personal telephone number or bank details on social media.
- Be cautious about posting photographs of yourself on social media, these can be saved and stored by others.

Privacy Settings

- Set your privacy settings to enable only 'friends' or 'followers' to see what you post.
- It's important to remember that setting your profile to private doesn't mean that your posts can't be seen by others.
- Friends could share the post to their network, for example, so remain cautious about what you're sharing.

Who Are You Talking To?

- Others may pretend to be someone they're not to extract personal information or convince people into doing things they don't want to do.
- Never send any personal information to someone you have never met in person.
- Never send anyone a photo or video that could leave you in a compromising situation.

Meeting in 'real life'

- Extreme caution should be taken when arranging to meet someone in 'real-life' for the first time.
- Always arrange to meet in a busy public place, such as a café.
- Always tell someone else who you are meeting, use apps like "find my" on your device to track your location, or carry an airtog.
- If possible, take a friend, family member or carer along to the first meeting.

Avoid Online Scams

- It's important to be mindful of things that don't seem right.
- Remember, if something sounds too good to be true, it probably is!
- Sometimes it can be hard to know whether something is genuine or not. Unsure? Get a second opinion.

Truth or Lie?

- Many websites spread untrue or exaggerated news stories, often called 'clickbait' or 'fake news'.
- Don't assume the first thing you read is true, instead be open to reading different sources to get a more accurate overview.
- It's also worth bearing in mind that the posts your friends are sharing might not always give a true representation of their lives.

Respect Other People

- Occasionally on the internet people forget that behind every post is a real person.
- Your comments could upset someone without realising, don't say anything to anyone online that you wouldn't say to their face.
- Think before you post!

Report Any Issues

- You should never accept being abused, bullied or harassed online. Use the blocking tool on the apps help page.
- Tell a friend, family member, carer or support worker if you are worried about anything online.
- Abusing someone online is a criminal offence and you can report online abuse to the police. Contact your local police force by calling 101.

Keep a Healthy Balance

- The internet can be addictive, try to strike a healthy balance between the online and offline worlds.
- Keep connected to "real world" friends and family.
- Keep your sleep health in check, switch off devices at night and take a rest!

Be Aware Site Links



"We need to Be Aware because it goes under the radar here in North Yorkshire"