ONLINE SAFETY

The world is constantly changing and there are always new ways to communicate with friends, explore the world and get connected.

Society puts pressure on you to experience new things, but that can make you unsure and vulnerable about your world. Use this guide to think about how to stay safe and know where to go for help.

PEER PRESSURE

People you know might want you to do stuff you don't want to. You might be pressured to smoke, drink, steal, take drugs or start having sex, even though you don't really want to.

You don't have to do something you don't want to do just because 'everybody else is doing it' or they want you to do it. It's OK to say no.

This goes for your friends or anybody you care about. If they care about you they won't mind if you say no, because they will respect your decision.

ARE YOU ONLINE?

The internet is a brilliant place to connect with others, to be creative and to discover new things. Use the internet safely, responsibly and positively and help others to do the same.

TOP TIPS

• Protect your online reputation: Manage your digital footprint and think before you post.
• Know where to find help: Report bullies to websites, block, delete and tell someone if you feel threatened or bullied.
• Don't give in to pressure: Once you press send you can't take it back, be careful not to lose your inhibitions.
• Respect the law: Use reliable services to legally access music, film and TV, especially when live- streaming.
• Acknowledge your sources: Use trustworthy content and give credit when using others' work.
• Look after your privacy: Use the privacy settings on social media.
• Choose your friends wisely: If it feels weird, don't add them as a friend.
• Remove content you don't like: You can also remove content you regret posting on some websites.
• Know what you look like online: Google yourself. Remove unused profiles: Shut down and delete profiles or apps you no longer use.

The things you put online can stay there permanently, so you need to take control of your online image and reputation. Every new profile, tweet or photo you post online adds to your identity.
Think about what image you are giving out and what information you are revealing about yourself. What you think is fun now could have a negative impact on your career, relationships and happiness in the future. Having this in the back of your mind when you are communicating, might just change what you put out there.
Remember, some people may not be who they say they are. Some people really do want to be your friend, but others might be online for different reasons. This makes it hard to tell if someone is genuine or dangerous.

Trust your instincts and tell someone if you are worried.

CHAT SAFELY BY:

• Thinking about your username and profile. What messages do they send out?
• Keep your private stuff private, and don't send pictures of yourself to people you don't know or trust.
• Check out friends of friends, to make sure they are who they say they are.
• Be careful when you send private messages or chat via webcam.

SELFIE

Today everyone is obsessed with the selfie.
There's nothing wrong with taking a selfie but sometimes you might feel under pressure to make pictures more revealing, especially if you are sending them to someone you are in a relationship with.

BEFORE YOU PRESS 'SEND' THINK ABOUT:

Once it's gone, it's gone. You can't take it back.
Are you sure that they will keep your picture private?
What if you fall out or break up?
Why am I sending it?
Is it because I feel pressured?
Would I do it face-to-face?
Would I be happy for my parents to see it?
For more advice, download Childline's free ZIPIT app.

CYBERBULLYING

Bullying can even occur on the internet.
Posting an embarrassing or humiliating video of someone, harassing someone by sending messages or even setting up fake profiles on social networking sites are all examples of cyberbullying.
Bullying is never OK and is never the fault of the person being bullied.

SPEAK OUT

There are lots of different ways to cope with bullying, but the important first step is to tell someone you trust.
This could include a relative, friend, Tutor or Student Services.

Remember that you could easily become a bully yourself if you pass on messages and pictures or say something that might upset someone.

ONLINE SAFETY

Lincoln College
Lincoln / Newark

RELATIONSHIPS

Relationships should make you feel safe, loved, respected and free to be yourself. But sometimes a person you are dating can put pressure on you to do things you don't want to.

In certain cases this behaviour can escalate to them trying to monitor or control you and showing extreme jealously of others. Trust yourself to know when something is wrong.

If someone makes you feel unsafe, pressured or frightened, follow your instincts and get help. You could talk to a trusted adult, a friend or get professional help. Childline's confidential helpline is for young people of all ages who are upset or in danger. They provide support 24 hours a day. Call 0800 1111.

It is illegal for an adult to have a sexual relationship with someone under 16, or with someone under 18 if they are in a position of responsibility, like a Tutor.

If you are thinking about a sexual relationship, make sure you feel ready and make sure you are safe. It's normal to feel worried or confused about it.

If you want to talk to someone you can text Brook in confidence on 07537402024 or access their website at Relationships – Brook

If someone is putting you under pressure or making you feel uncomfortable, you should report it.

ADVICE AND GUIDANCE

Are you worried about something that is happening to you or someone else?

Sometimes we all need help, even if we don't want to admit it.

If you have a problem or you're worried about something or someone, there are loads of places you can seek help and advice.

Childline: Childline.org.uk/talk 0800 1111 ThinkUKnow: thinkuknow.co.uk
Mindful: youngminds.org.uk
Brook: brook.org.uk
Frank: talktofrank.com 0300 123 6600

SAFEGUARDING TEAM

Lincoln College Safeguarding Team are available to talk to Mon-Fri from 08.30am-5.15pm at:
Mobile – 07580 975854 (including WhatsApp)
safeguarding@lincolncollege.ac.uk
E-mails are not monitored 24 hours.