




<h1 style="font-size: 4em; color: #ff00ff;">S</h1> <h2 style="text-align: center;">Stay Safe</h2> <p>Don't give out your personal information to people / places you don't know.</p> 	<h1 style="font-size: 4em; color: #008000;">M</h1> <h2 style="text-align: center;">Don't Meet Up</h2> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p> 	<h1 style="font-size: 4em; color: #0000ff;">A</h1> <h2 style="text-align: center;">Accepting Files</h2> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p> 	<h1 style="font-size: 4em; color: #ff0000;">R</h1> <h2 style="text-align: center;">Reliable?</h2> <p>Check information before you believe it. Is the person or website telling the truth?</p> 	<h1 style="font-size: 4em; color: #ff00ff;">T</h1> <h2 style="text-align: center;">Tell Someone</h2> <p>Tell an adult if someone or something makes you feel worried or uncomfortable.</p> <div style="border: 2px solid green; border-radius: 50%; padding: 10px; display: inline-block; color: green; font-weight: bold;"> Follow these SMART tips to keep yourself safe online! </div>
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Shetland Child Protection Committee
Safeguarding Children and Young People in Shetland

Do You Know How To Stay Safe Online

For more information and on the work of the Shetland Child Protection Committee please follow the link below:-

<http://www.safersheland.com/child-protection>

Other Useful Links:

- <http://www.thinkuknow.co.uk>
- <http://www.ceop.police.uk>
- <http://www.childnet.com>
- <http://www.childline.org.uk>

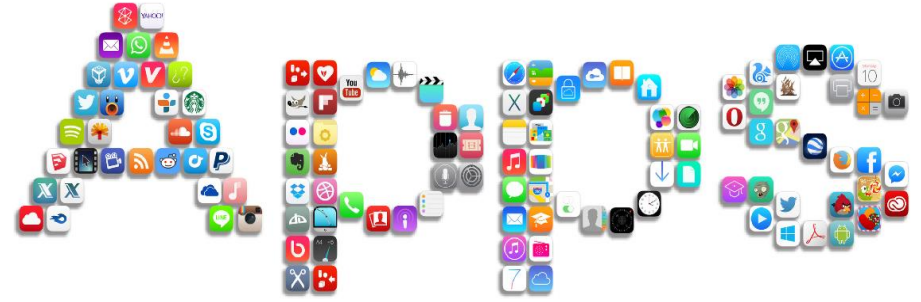


If you wish to report a website that concerns you, contact the Internet Watch Foundation <https://www.iwf.org.uk>

If you are concerned about you or someone you know- tell someone what your concerns are - speak to a teacher, doctor, social worker, police officer.

Contact Numbers:-

- Duty Social Worker - (01595) 744421*
- Out of Hours Duty Social Worker - (01595) 695611*
- Lerwick Police Station - 101 (in an emergency call 999)*
- Scottish Children's Reporter Administration - 0131 244 3780*
- Childline - 0800 1111*



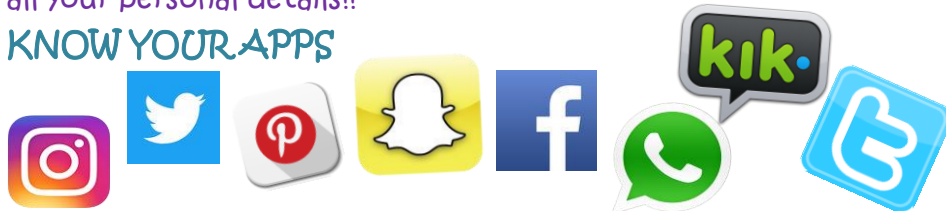
BE SECURE

Treat your passwords like your toothbrush! Never share and change them often!

Always sign out and log off your accounts on any device you are using.

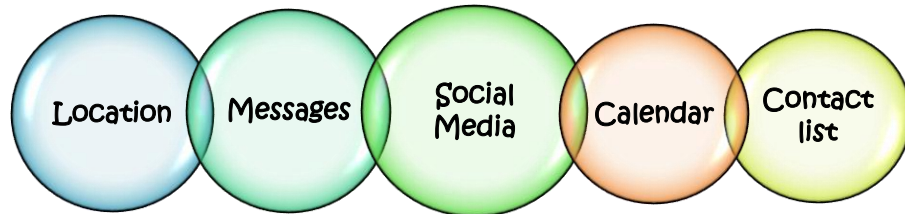
CHECK your security settings on social media. DO NOT publish all your personal details!!

KNOW YOUR APPS



Be aware of any permission app requests as you install them.

Apps can ask to access your



Many apps, both free and paid for, offer optional extras at a cost. These are known as in-app purchases. For example, you may have to make an in-app purchase to continue to play a game after a certain level, or to speed up gameplay.

Apps typically consume data which may use up more of your mobile data allowance. If you're not careful about monitoring your data usage, you could end up going over your inclusive data allowance and incurring extra charges. Most mobile providers now offer online monitoring tools or apps to allow you to check your usage easily.

SHARING! SENDING! MESSAGING! SNAPCHATTING!

Don't want a photo or video shared???



100% guaranteed method of avoiding this embarrassing situation is DON'T TAKE THE PHOTO OR VIDEO!!

DO NOT

share anything by any method if you would not be happy with your grandparents viewing it!

BE RESPONSIBLE

Think carefully about the places you visit online and keep focused when on learning tasks.

Always make sure you know who you are sharing information with. **Not everyone is who they say they are!**

BE LEGAL

Only copy / upload / publish / distribute materials that are appropriate. Remember - anything you do can be traced back to you, including your browsing history and content that you may copy / upload / publish or distribute.

DO YOU KNOW

It is **ILLEGAL** to produce or distribute 'indecent' images or videos of any one under the age of **18!!** That includes anything featuring yourself!!! Any video/image can only be taken with the subject's permission! Do not take or share videos/images without the persons expressed permission.