

# face up to facebook <sup>1</sup>

and other social networking sites...  
Twitter, Myspace

## Be Careful

Set your privacy settings:

- Make sure only Friends can see your stuff
- Choose a strong and unique password and keep it to yourself
- Know how to block someone

## Be Aware

Not everyone tells the truth online, people are not always who they say they are.

Once something is online, it's out of your control

## If things go wrong

Has someone or something made you feel weird or uncomfortable? Know how



to report a problem: Click CEOP and a specially trained person will contact you. You can report anonymously and on behalf of others

**Always tell someone you trust**

## Have Fun Safely!

Enjoy keeping in touch with your friends...

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- A hand holding a black smartphone. The screen displays the acronym "FACEBOOK" in large, bold, white letters on a blue background. Each letter is followed by a short instruction.
- F** Friend only people you know
  - A** Ask for help if you're worried
  - C** Click CEOP's logo for help
  - E** Enjoy sharing appropriate images
  - B** Be aware, people may not be who they say they are
  - O** Once online, it's out of your control
  - O** Only meet people you know in the real world
  - K** Know how to change your privacy settings

# What is **OK** and **NOT OK** **ONLINE**

## OK

- Pictures of family and pets if they are OK with it!
- Name or nickname
- Date of Birth
- Hobbies
- Favourite Stuff



- Considered Status updates
- Only "Friend" people you know



## NOT OK

- Revealing pictures of yourself and others
- Personal details: address, phone number
- Other people's details
- Location services switched on
- Holiday dates and information
- Adding people you don't know
- Abusive status updates or comments
- Anything you wouldn't say to someone's face
- Anything you wouldn't want your parents or future boss to see
- Meeting someone you don't know

**25%**

of young people have not got their online profile set securely. Don't get caught out. Check your settings!

### Useful Websites

[www.Thinkuknow.co.uk](http://www.Thinkuknow.co.uk)  
[www.cybermentors.org.uk](http://www.cybermentors.org.uk)



Derbyshire  
 Children & Young People's  
 Health Promotion Programme  
 Derbyshire Community Health Services 

Created by Derbyshire Children and Young People's Health Promotion Programme in partnership with South Derbyshire Multi Agency Teams and young people from Swadincote, Newhall and Woodville.

