



# SOCIAL MEDIA AND AND THE ONLINE WORLD

## TOP TIPS FOR USING ONLINE APPS AND SOCIAL MEDIA

- ★ Use privacy settings. Check that your location is private and that your accounts cannot be accessed by people you don't know. If you need help, ask a adult or check how to do this on [InternetMatters.com](http://InternetMatters.com). Never share your passwords with other peers.
- ★ To stay safe, don't accept friend request or message from people you don't know. If you are unsure, you can block this person using your settings or speak to an adult for help.
- ★ If you see something inappropriate or worrying online, you should speak to an adult you trust so they can help make sure this does not happen again in the future.
- ★ Videos, photos and comments usually can't be taken back once they have been posted. Make sure that you know what you are sharing and who you are sharing with.
- ★ Be respectful, remember behind the screen is a real person. Treat them how you wish to be treated.



01904 666371

[compass-uk.org](http://compass-uk.org)

@compassbe...

[info.barnsleymhst@compass-uk.org](mailto:info.barnsleymhst@compass-uk.org)



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- ★ Large group chats can be overwhelming. Consider only being part of online groups with friends you would spend time with in person.
- ★ Spending too much time online can have a negative effect on mental health. You may want to set yourself a time limit. Consider meeting friends in person and doing something you both enjoy!
- ★ If you feel pressure to do something you are not comfortable with online, stay confident about your choices, take a short break from your device and speak to someone you trust about it.
- ★ Remember, treat people online respectfully. Be kind with your words. If you witness cyberbullying, you should report this to an adult at home or in school.

For further advice and support..



internet  
matters.org

Where can children and young people find support?  
If in immediate danger: Call the police on 999  
Report online sexual abuse and grooming:  
[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)  
Being bullied or in need of someone to talk to:  
Call Childline on 0800 1111  
Help to remove a nude image or video of themselves online:  
[www.childline.org.uk/remove](http://www.childline.org.uk/remove)



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[info.barnsleymhst@compass-uk.org](mailto:info.barnsleymhst@compass-uk.org)

