Compass

Internet safety
Advice, support and information

Internet safety means staying safe online by protecting yourself and others from risks and harmful content.

Tips to stay safe online:

- Think before you post
- Don't share personal details
- Watch out for phishing and scams
- Think about who you are talking to
- Keep your device secure
- Never give out your passcode

How to keep your information secure:

- Set up strong passwords
- Set up 2 factor authentication
- Keep your apps and devices safe and up to date
- Make sure you log out when using public or shared devices
- Be careful which websites you

Screen time

- Refers to the time spent looking at a screen, don't let screen time replace sleep, exercise or family time.

5 ways to get support if things go wrong:

1. Talk to someone you trust
2. Reporting bullying and abuse
3. Delete personal information you have shared
4. Tell the police
5. Plan for the future by changing your privacy settings so it doesn't happen again

Support services:

- **Internet matters -** Online safety advice - internetmatters.org/advice/11-13/

For advice and support:
Call us: **020 3954 0091**
Email us: **compass.towerhamletsyphws@nhs.net**