

Is something online making you feel uncomfortable? Remember... block it, report it and tell someone! [www.childline.org.uk](http://www.childline.org.uk) #onlinesafety

## **Block, report and tell someone!**

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### **Remember...**

**If anything online is making you feel unhappy or uncomfortable - tell someone!**

**Tell a parent/carer, trusted adult, teacher or Childline.**



[www.lincolnshire.gov.uk/lsab](http://www.lincolnshire.gov.uk/lsab)

[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)

Try to keep technology including mobile phones, tablets and consoles away from closed doors such as bedrooms and bathrooms  
*www.internetmatters.org.uk* #onlinesafety

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### **Did you know?**

**1 in 5 students age 12-15 wake up in the night to check messages on social media.**



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[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)

54% of parents worry that screen time is fuelling their child's inactive lifestyle.  
Find out how to manage screen time [www.internetmatters.org.uk](http://www.internetmatters.org.uk)  
#onlinesafety

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### **Did you know?**

**Some apps have tools to help manage screen time - you can find out more online.**



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[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)

Parental controls are there to help keep your children safe online. Visit [www.Internetmatters.org](http://www.Internetmatters.org) to learn more or contact your service provider #onlinesafety

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**Did you know?**

**70% of children think parental controls are a good idea.**



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[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)

Planning on getting your child a new device for Christmas? Don't forget to set up the appropriate rules. Find out more at [www.net-aware.org.uk](http://www.net-aware.org.uk) #onlinesafety

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**Remember...**

**Always set appropriate rules around what apps are OK.**



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[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)

Learn about the issues your children may have online and how to talk to them about it at [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents) #onlinesafety

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**Remember...**

**Make sure your child always knows they can speak to you if something goes wrong online.**



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[www.lincolnshire.gov.uk/lsab](http://www.lincolnshire.gov.uk/lsab)

[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)

Phishing emails are designed to deceive, if you suspect an email do not open it [www.getsafeonline.org](http://www.getsafeonline.org) #onlinesafety

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**Did you know?**

**23% of people that receive phishing emails will open them.**



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[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)

When ordering new passports, or booking driving tests for example online always make sure you are on the official sites. You can check official government services on [www.gov.uk](http://www.gov.uk) #onlinesafety

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### **Did you know?**

**'Copycat' websites are designed to trick you - always check you are on an official site before paying for anything.**



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[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)



Always use strong passwords and don't tell them to anyone  
[www.getsafeonline.org](http://www.getsafeonline.org) #onlinesafety

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**Did you know?**

**41% of all fraud is identity fraud.**

**Remember to set strong passwords.**



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Know the signs and help protect children online #onlinesafety  
<https://bit.ly/1YEjRIH>

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**Would you recognise  
online grooming?**

**Most offenders represent  
themselves as someone  
who the child can talk to  
about problems.**



[www.lincolnshire.gov.uk/lsab](http://www.lincolnshire.gov.uk/lsab)

[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)

Things aren't always what they seem online. Be aware and stay safe <https://bit.ly/1YEjRIH> #onlinesafety

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**Would you recognise online grooming?**

**Offenders create a rapport with a child to make them feel comfortable and show that they are more than just an online stranger.**



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[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)

The signs of grooming aren't always obvious, know what to look out for: <https://bit.ly/1YEjRIH> #onlinesafety

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**Would you recognise  
online grooming?**

**Offenders look to discover similarities between the child and themselves. This makes the child feel like they have a special bond.**



[www.lincolnshire.gov.uk/lsab](http://www.lincolnshire.gov.uk/lsab)

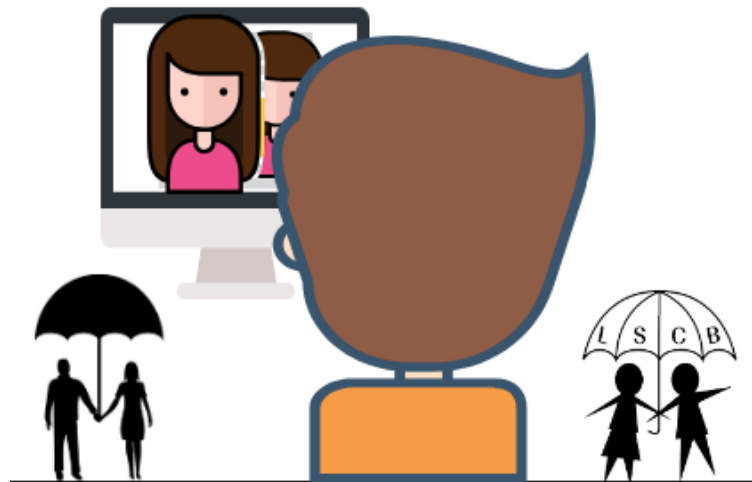
[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)

## Instagram

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# Useful videos

## Children:

- Supporting primary school children online | Advice from Dr Linda  
<https://www.youtube.com/watch?v=ByZue1VgblI>
- Supporting secondary school children online | Advice from a Teacher  
<https://www.youtube.com/watch?v=AMOXhMsN3b8>
- Cyberbullying parent guide - Tips to help children deal with it  
<https://www.youtube.com/watch?v=vogLHYOACyw>
- Inappropriate content - What parents need to know  
<https://www.youtube.com/watch?v=dzDAECIQELg>
- How to protect children's online reputation  
<https://www.youtube.com/watch?v=lleshhZvP64>
- E-Safety Tips for Parents: Under 5  
<https://www.youtube.com/watch?v=ySbDYUmPasU>
- E-Safety Tips for Parents: 6-10  
<https://www.youtube.com/watch?v=sz4EyUMUTro>
- E-Safety Tips for Parents: 11-13  
<https://www.youtube.com/watch?v=0iKPd6lZYuA>
- E-Safety Tips for Parents: Teens  
<https://www.youtube.com/watch?v=K3-wcM9gRrg&list=PLJSbhHkqYnrSikVz3cfYd2ItROJd0VPim>
- Inappropriate content - What parents need to know  
<https://www.youtube.com/watch?v=dzDAECIQELg&t=108s>
- Parental Controls step-by-step (playlist which covers providers, Microsoft, etc.)  
<https://www.youtube.com/user/internetmatters/search?query=Parental+Controls+step-by-step>
- How to keep your child safe on Facebook part 1  
[https://www.youtube.com/watch?v=wN3jz2Mv\\_ME&list=PLJSbhHkqYnrQNpZlCwjkwE1uZD6P8I7cQ&index=14](https://www.youtube.com/watch?v=wN3jz2Mv_ME&list=PLJSbhHkqYnrQNpZlCwjkwE1uZD6P8I7cQ&index=14)
- How to keep your child safe on Facebook part 2  
<https://www.youtube.com/watch?v=uDXAkIK7qiE&index=17&list=PLJSbhHkqYnrQNpZlCwjkwE1uZD6P8I7cQ>

## Adults:

- Avoid Phishing Scams  
[https://www.youtube.com/watch?v=LB\\_mKI2ZS8c&list=PLT2O8mGYzrBNeD7sQUFQt9TiHE-568rXH&index=12](https://www.youtube.com/watch?v=LB_mKI2ZS8c&list=PLT2O8mGYzrBNeD7sQUFQt9TiHE-568rXH&index=12)
- Choose strong passwords  
[https://www.youtube.com/watch?v=BhNk\\_tv3id4&index=10&list=PLT2O8mGYzrBNeD7sQUFQt9TiHE-568rXH](https://www.youtube.com/watch?v=BhNk_tv3id4&index=10&list=PLT2O8mGYzrBNeD7sQUFQt9TiHE-568rXH)
- Shopping safely online  
[https://www.youtube.com/watch?v=l\\_NyeyrRotc&t=11s](https://www.youtube.com/watch?v=l_NyeyrRotc&t=11s)
- Spotting a scam  
<https://www.citizensadvice.org.uk/consumer/scams/spotting-a-scam/>



# Useful websites

- LSCB  
[www.lincolnshire.gov.uk/lscb](http://www.lincolnshire.gov.uk/lscb)
- LSAB  
[www.lincolnshire.gov.uk/lsab](http://www.lincolnshire.gov.uk/lsab)
- Internet Matters  
[www.internetmatters.org](http://www.internetmatters.org)
- Get Safe Online  
[www.getsafeonline.org](http://www.getsafeonline.org)
- NSPCC  
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- Childline  
[www.childline.org.uk](http://www.childline.org.uk)
- Age UK  
<https://www.ageuk.org.uk/information-advice/work-learning/technology-internet/internet-security/>
- Lincolnshire Fire and Rescue  
[www.lincolnshire.gov.uk/lfr](http://www.lincolnshire.gov.uk/lfr) - <https://www.lincolnshire.gov.uk/lincolnshire-fire-and-rescue/safety>
- Gov.uk  
[www.gov.uk](http://www.gov.uk)
- Net Aware  
[www.net-aware.org.uk](http://www.net-aware.org.uk)