

# E safety Update



June 2017

## 1. Mobile Money

### What's your phone cost?

95% of UK teenagers will have a mobile phone by the time they're 15. You might have had one for a while, or be looking forward to getting one, but do you know what you're sharing and what it's costing you when you're texting, swiping, gaming and uploading?

#### Mobile money

It's not just texts, calls and using the internet that costs you money, phones are like wallets – even using free apps, texting or calling premium rate numbers can cost you or the whoever pays the bill serious amounts of cash.

You can also share serious amounts of information, accidentally or on purpose. That can be used by companies who try and advertise to you, or by people you don't know who might try to contact you.

Having a phone is a real responsibility so make sure you know how to use it safely.

### What are the risks?

#### Cash money.

You are responsible for your mobile phone and that may mean paying the bill. If you've entered competitions, bought virtual items in an app, bought credits, donated to charities or called 118, chances are you've been racking up bills on what's known as a "premium" number. The bill can rocket through the roof - one 5 year old spent £1,700 on an iPad app.

#### Where are you?

If 'share my location' is turned on in an app, on Google Maps, social networking sites or messaging services, they can share exactly where you are when you share a message or a photo. Be careful because it's not just your friends who might see this information. You don't want randoms knowing where you are and potentially who you are with!

#### The hidden cost of apps.

Know what you're downloading. Some apps may be free to download but then have 'in-app' charges to encourage you buy virtual items. Did you know apps can also send texts from your phone to pay for digital items like credits?

#### Got your number.

Apps use your mobile number or email address to connect you with other people. Do you know who has access to your phone number? What if you 'friend' has shared your phone number or email with their friends, and their friends share it on again. Stay in control of your private information.

Link: [https://www.thinkuknow.co.uk/11\\_13/Need-advice/Mobile/](https://www.thinkuknow.co.uk/11_13/Need-advice/Mobile/)

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## 2. Things you see online

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No one rules the internet. This is one of the amazing things about it.

You can say almost anything you want, be as creative as you like and share your ideas with the world.

It also means there is nothing to stop other people making websites, posting videos or saying things that you disagree with, or don't want to see at all.

Not everything you read online is true

All sorts of people create blogs and websites and can say anything they want, even if it's not true. They can even make incredible pictures which look real but aren't, like this one. Don't always believe what you read. If you're not sure ask an adult like a parent or your teacher.

I did NOT want to see that: There will be things you see online that might make you feel uncomfortable, upset or even scared. It is normal to feel confused or upset by things you don't feel ready for. You should never feel forced to look at something you don't want to see.

### 3 things you might not want to see

It's really important that you feel safe when you're searching online and understand some of the things you could see.

**Pornography.** It's no secret there's porn on the internet. Adults look at porn for lots of different reasons but if you're curious about sex, porn is a not a good way to learn out about it! The things people do in porn are very different from sex in the real world.

Watching porn can have a damaging effect on young people so if you want to find out more about sex, relationships and your body visit Brook.

**Eating disorder websites** Boys, girls, men and women from all types of background and ethnic groups can suffer from eating disorders and all of them need help and support. There are some websites which talk about eating disorders in an unhealthy way so if you need advice or to talk to someone about an eating disorder make sure you contact Beat. You can talk to someone there. You can also join their online community and talk to others about your experiences. Remember, you're not alone.

**Hate sites.** Some people use the internet to encourage people to hate others from different countries, religions or people who are gay. Setting up a website or posting videos to be racist, target people because they're gay or because of someone's religion can be a crime. If you find a site or video online that is saying you should hate other people show it to an adult. They might have to report it as a 'hate crime' to True Vision.

**Link:** [https://www.thinkuknow.co.uk/11\\_13/Need-advice/Things-you-see-online/](https://www.thinkuknow.co.uk/11_13/Need-advice/Things-you-see-online/)

For more information about e safety :

- go to <http://www.blackpoolaspireacademy.co.uk>
- come into school and talk to a member of Student Services