


HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE

TOPIC 3



Hello! This week you will learn about how to keep safe online.

You might have been through similar experiences to those you learn about in this booklet, or know someone who has. If anything upsets you or you need to get something off your chest then talk to a trusted adult or press the Childline button at the top 

GO ►

HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE

**I GO TO
PRIMARY
SCHOOL**

BEGIN 

**I GO TO
SECONDARY
SCHOOL**

BEGIN 

**I AM
FAMILY OR A
TEACHER**

BEGIN 

This booklet explores the second of four topics!

TOPIC 3

STAYING

SAFE ONLINE

WHAT WILL I LEARN?



- About 4 steps to having a safe online profile.
- About making and sharing photos and videos.
- About being kind online.
- About playing online games safely.

WHAT WILL I NEED?



Pen or pencil



Laptop or computer



45-60 minutes



Blank paper



Earphones?



Open eyes!

GO ►

TOPIC 3

STAYING

SAFE ONLINE



WARM UP

👉 Watch Episode 1 of *Play Like Share* from THINK U KNOW: *Block Him Right Good, Alfie!*

Think about how Alfie stays safe when he is online. What about his: profile picture, username, the clothes he wears, & who he shares his videos with.

NEXT

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STAYING

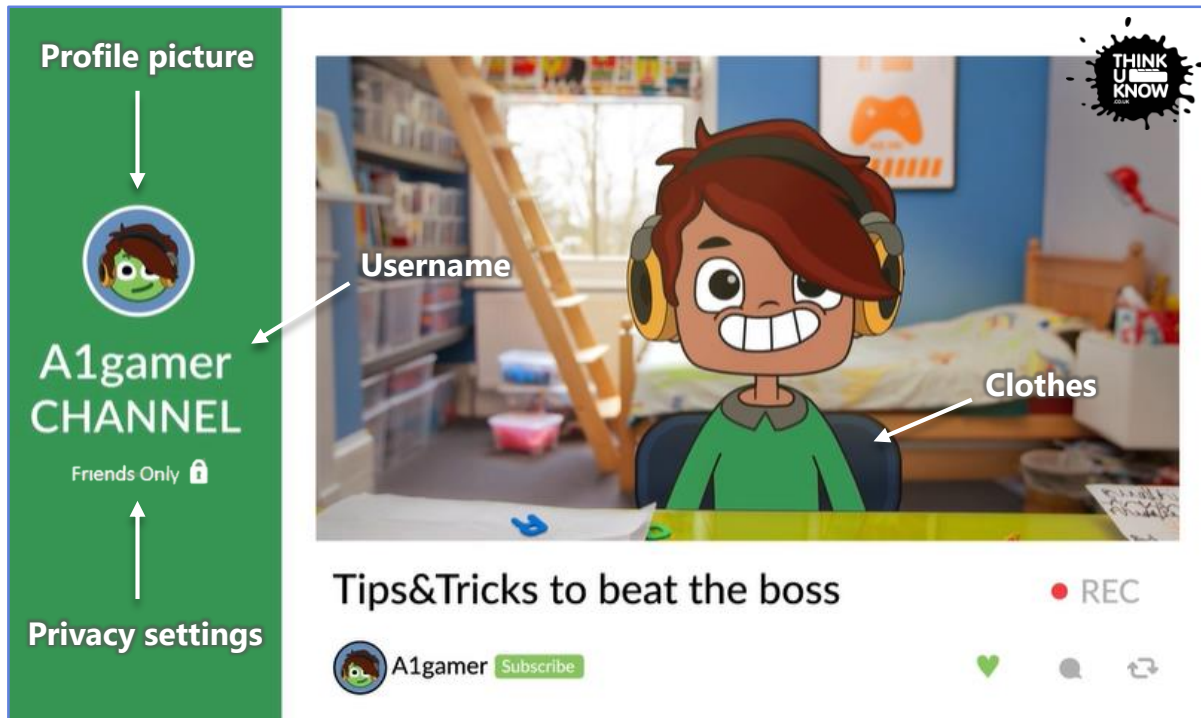
SAFE ONLINE

ALFIE'S PROFILE

Let's take a peek at Alfie's profile. What 4 steps has Alfie taken to keep himself safe?

Write them down on a piece of paper if you want!
You've got 5 minutes. GO!

NEXT



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SAFE ONLINE

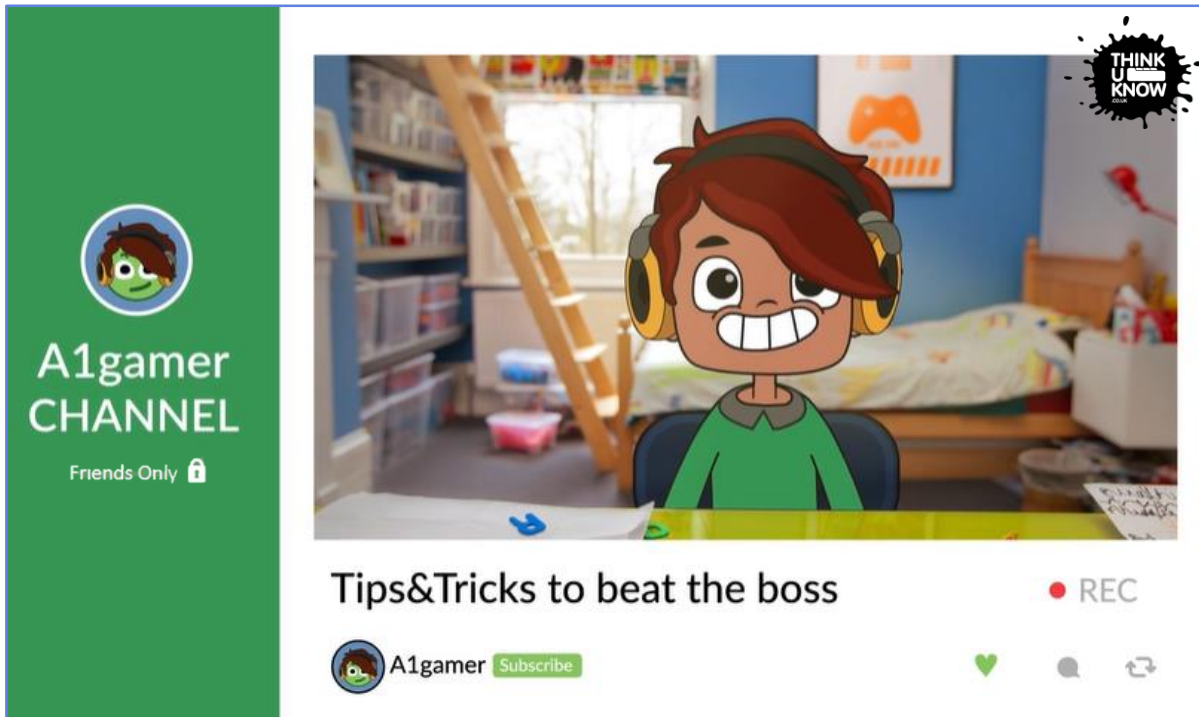
ALFIE'S PROFILE

Did you get all 4?

👉 Click on each part of his profile to find out how he made it safer to be online.

When you're done, click "next".

NEXT ➡



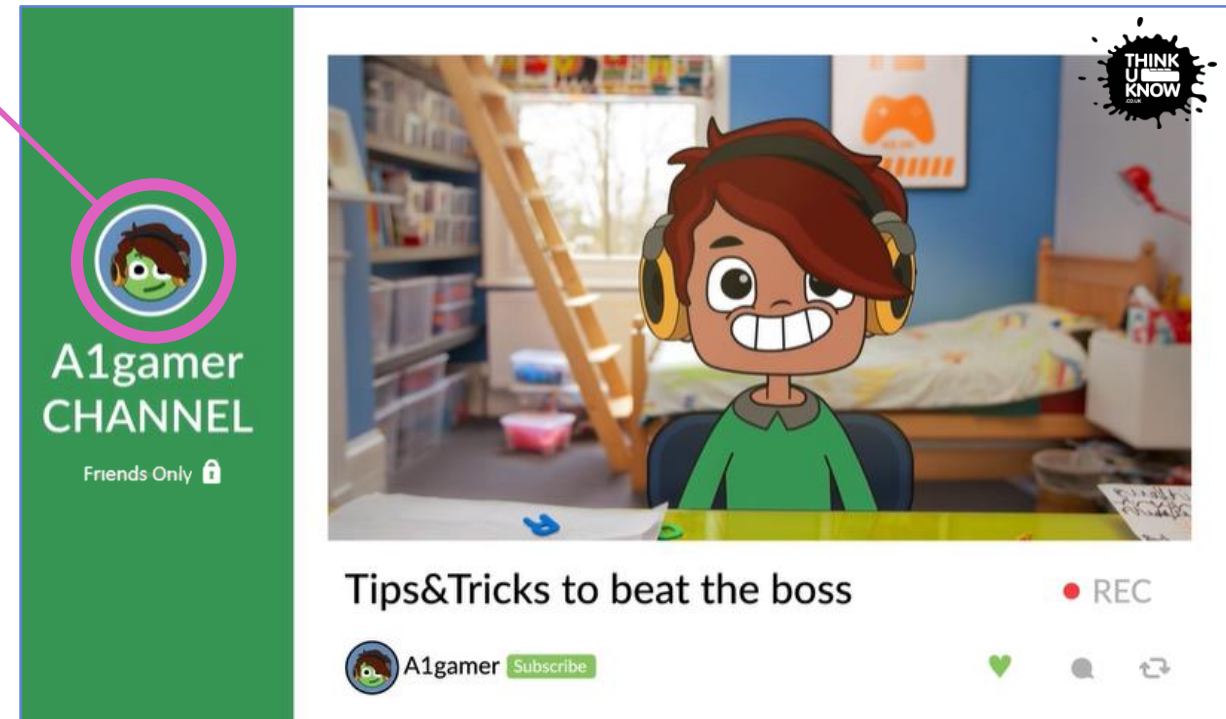
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ALFIE'S PROFILE PIC

His profile picture is a cartoon avatar, not his actual photo. You need to be careful sharing pictures of yourself. People can copy or edit photos you put online without you knowing. It also makes it easier for people to find your profile and know its you.



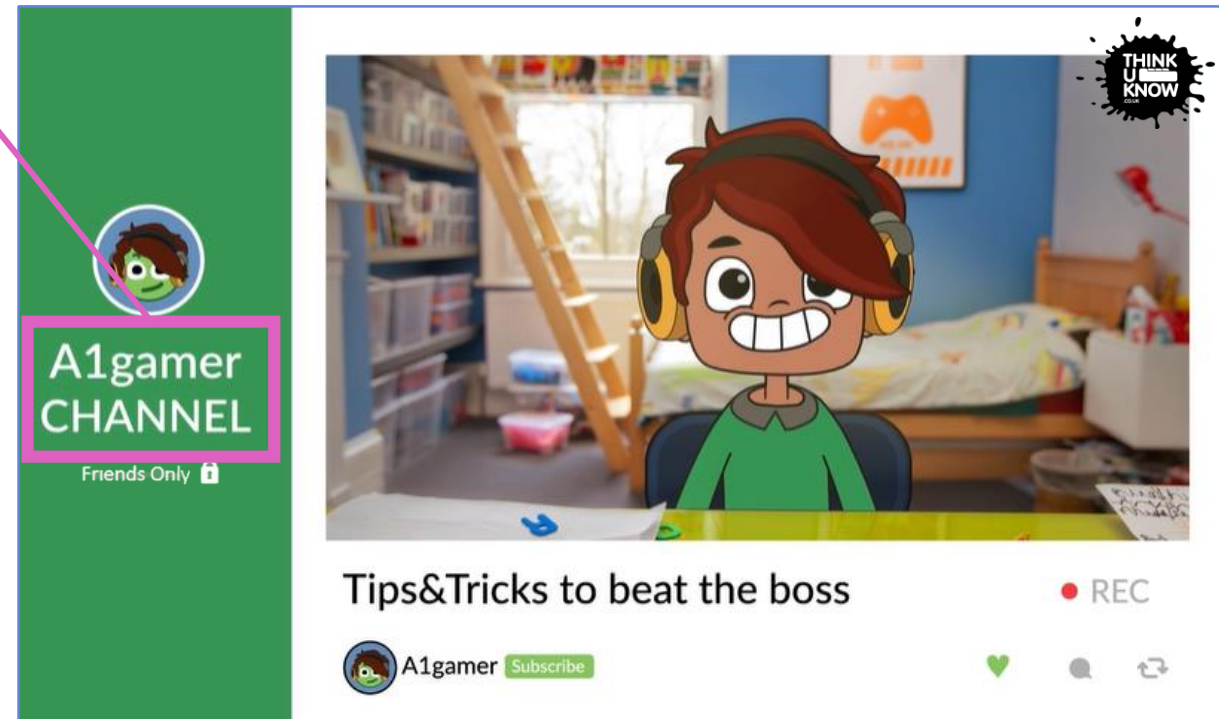
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ALFIE'S USERNAME

His username doesn't include his real name. This means he can choose to only let friends and family he knows and trusts in real life be follow his profile. It also means that people won't know his real name, and can't pretend to be him without him knowing.



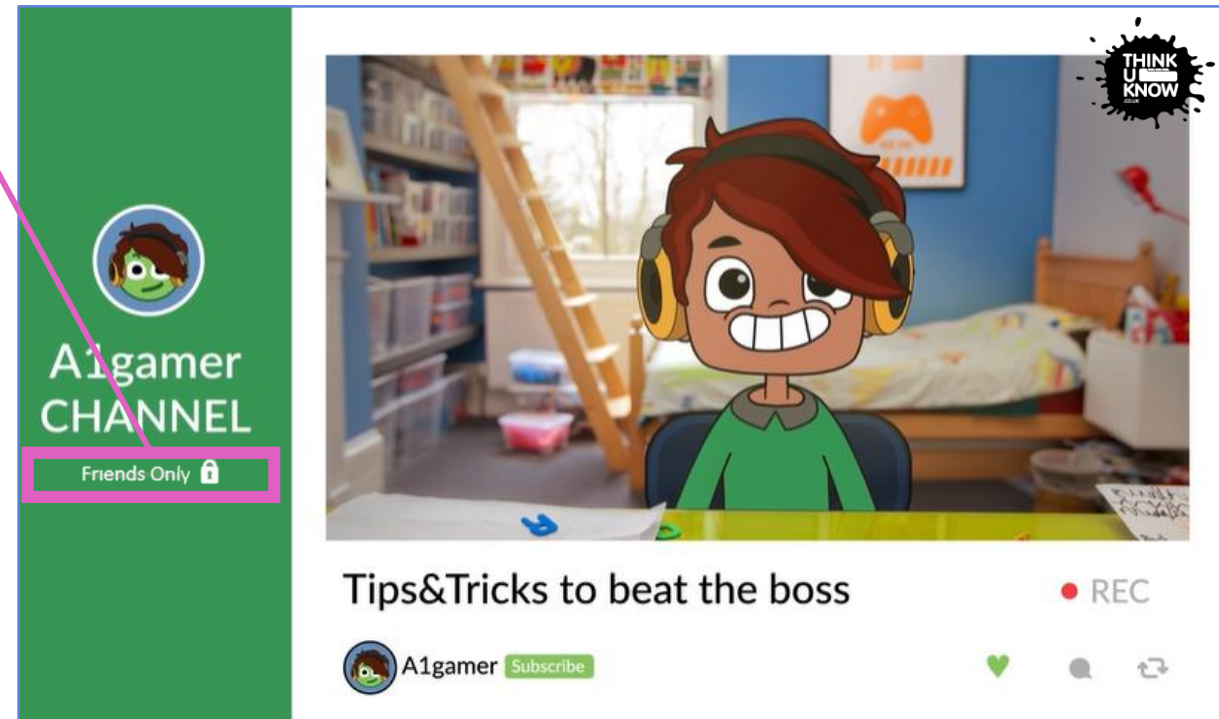
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ALFIE'S PRIVACY SETTINGS

His privacy settings are set to only let friends see. This means he only people he knows and trusts in real life can see what he posts. That way, he won't get nasty comments from strangers, and people he doesn't know can't copy or edit his photos or videos.



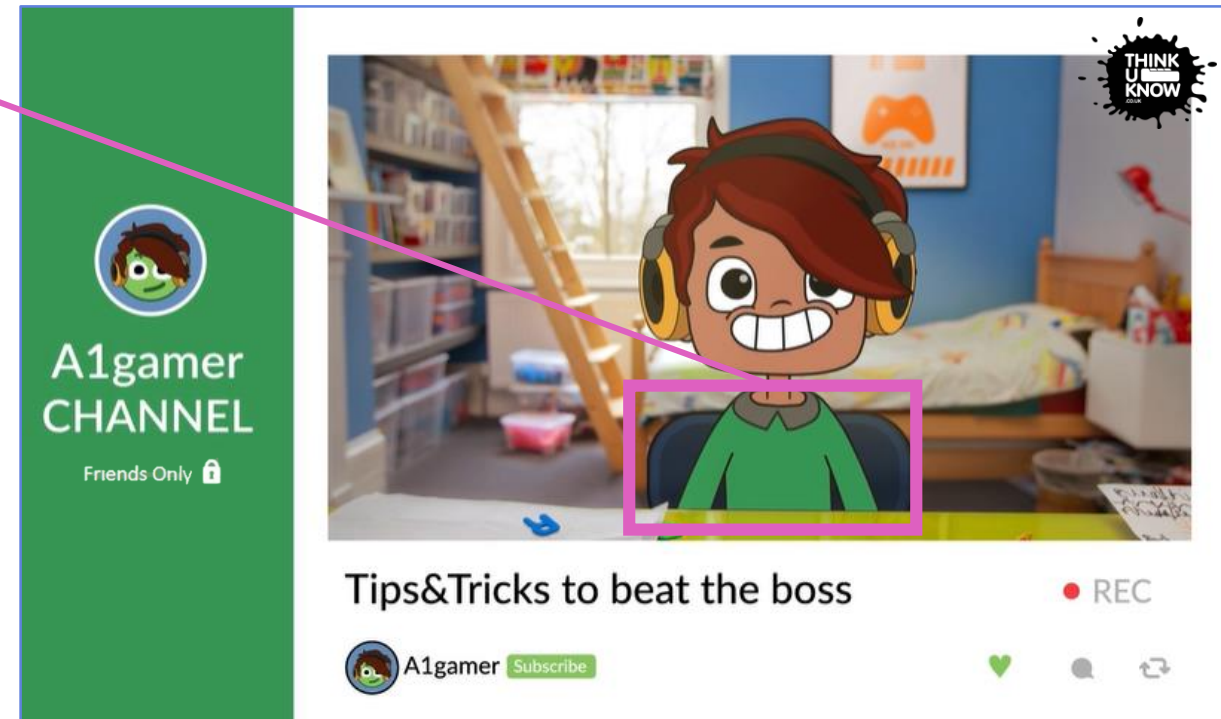
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ALFIE'S CLOTHING

His clothing is casual and not school uniform or something private, like pyjamas. This means that people won't be able to work out where he goes to school, so he won't have strangers trying to find him. It also means he won't be embarrassed by pics of him in private clothes being shared online.



TOPIC 3

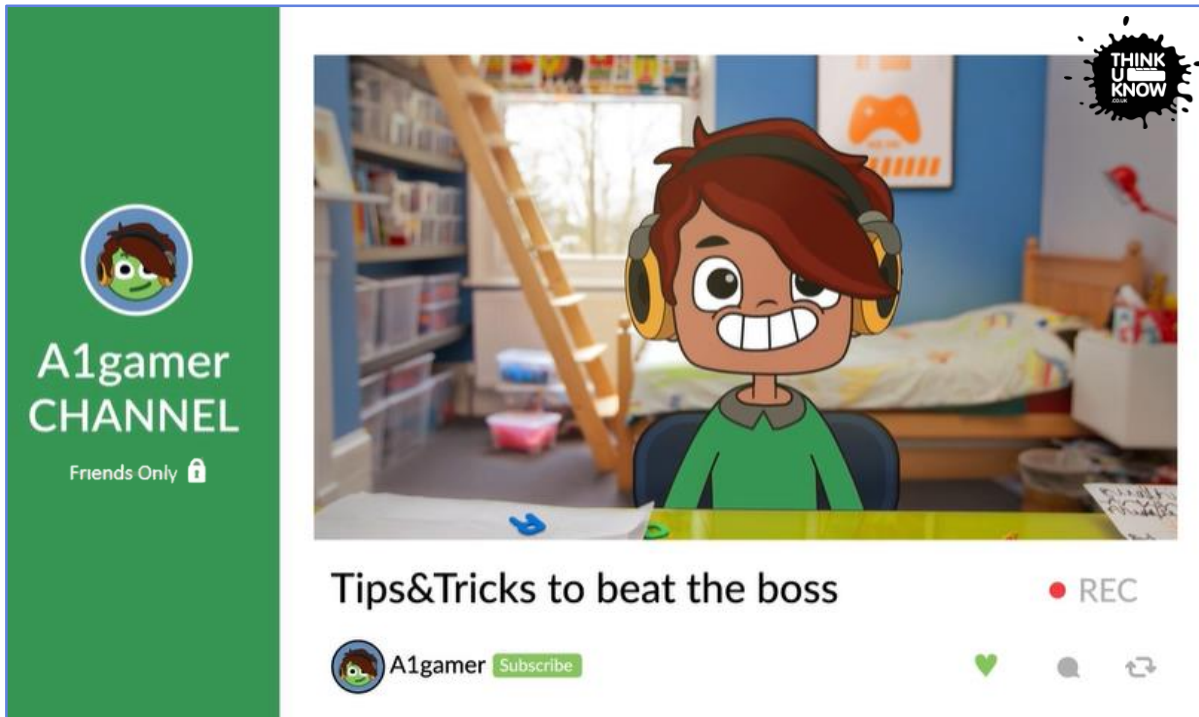
STAYING

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SHARING PHOTOS

Alfie loves making and sharing photos online. He has to be clever because sometimes sharing photos can be unsafe, if for example people you don't know can use the photo to work out where you live or go to school.

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ALFIE WANTS TO...



1. Take a selfie in his bedroom, in front of a wall with family photos on it, as well as a certificate with his name and school on...

2. Take a silly and embarrassing photo and share it with his friends on an app which says it will delete it once it has been viewed...

3. Share a video of his band playing a song. He wants to share it on his bands page. Only people they know offline, like friends at school and family, will be able to see it...

4. Take a photo of himself and his friend Sam in their school uniform. He wants to share it on an app where anyone can see it....

SHARING PHOTOS

Alfie wants to share some photos. Help him work out which photos are safe to put on his profile, and which ones he should keep private.

👉 Read the examples and on a piece of paper put them into two bubbles: **SAFE** and **UNSAFE**!

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1. Take a selfie in his bedroom, in front of a wall with family photos on it, as well as a certificate with his name and school on...

Unsafe: Personal belongings like family photos or school certificates can give hints about where he lives or what school he goes to.

2. Take a silly and embarrassing photo and share it with his friends on an app which says it will delete it once it has been viewed...

Unsafe: Even if his photo is deleted quickly, other people can share or copy it. If that happens he should tell a trusted adult for help.

3. Share a video of his band playing a song. He wants to share it on his band's page. Only people they know offline, like friends at school and family, will be able to see it...

Safe: This can be a fun thing to do as it is only with people they know and trust offline. Alfie should ask Sam and Ellie's permission first to check that they are happy with him sharing the video.

4. Take a photo of himself and his friend Sam in their school uniform. He wants to share it on an app where anyone can see it....

Unsafe: People could work out where Alfie and his friends go to school. This is unsafe because strangers might try and visit Alfie at school.

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TIME FOR A BREAK!

5 MINUTES

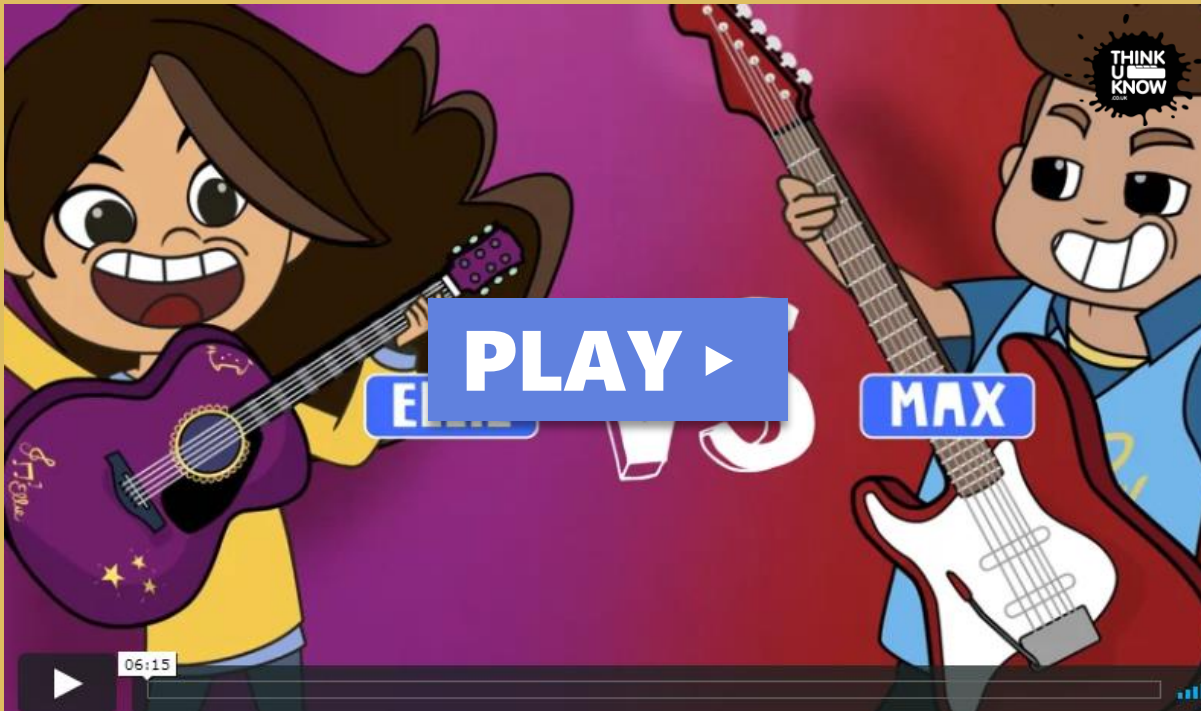
Go have a 5 minute break!
Dance and shake your arms & legs!
Go to the toilet!
Or, get a drink!

I'M READY ►

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SHARING PHOTOS

👉 Watch Episode 2 of *Play Like Share* from THINK U KNOW: *Who's Magnus?*

Think about how someone else might feel if you post a video or picture of them without asking. They might feel upset, angry or embarrassed.

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BEING KIND ONLINE

Remember how in Episode 1 the random strangers posted nasty comments and upset Alfie & his friends?

Or how Megan pretended to be Sam and made Ellie cry by posting nasty comments in Episode 2?

NEXT



A screenshot of a social media post from a user named 'SuperSam'. It contains three separate comments, each with a small profile picture of a person with red hair. The comments are: 'ELLIE CAN'T PLY GUITAR, she mimes everything!', 'MEGAN liked this' with a heart icon, 'Alfie cries after every song!', and 'Ellie and Alfie steal all their'.

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48 views

Great song guys! 🎵

IsaacB
Wow, see you in school rock star!

JD
Check it out, my mate Alfie!

BEING KIND ONLINE

Remember the nice comments posted by friends and family they knew in real life? 🙌

When you write about someone online, think about how they might feel. You would be upset if they commented nasty things about you!

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SAFE ONLINE



Top tips for staying safe
when playing games online!



- ✓ **Never give away your personal information** (like phone number, address or school) with other gamers – especially if you don't know them.
- ✓ The safest thing to do is **only game with friends** you know in real life.
- ✓ If a gamer you don't know asks them to join them on another game or app **tell a trusted adult**.

PLAYING GAMES

If you're old enough, your parents might let you play games online with your friends.

Make sure to follow THINK U KNOW's top tips on staying safe!



TOPIC 3

STAYING

SAFE ONLINE

TODAY YOU LEARNT:

- What 4 steps to take to make your profile safer.
- What photos are safe or unsafe to share online.
- About the importance of being kind online.
- What to do to keep safe when playing games online.

COOLDOWN

You might have a lot of feelings after learning about staying safe online. Take some time to do an online mood journal on the safe [Childline website](#), or talk to a trusted adult. Want to cooldown a different way? Play [Band Runner](#)!

PLAY ▶

MOOD

NEXT

HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE

TOPIC 4 **SAFE RELATIONSHIPS**

Next week you will learn about safe relationships so you can keep safe at home, online or outside.
Bye for now!



TOPIC 3

NUDES

& CATFISH

WHAT WILL I LEARN?



- The law about “nudes” for those under 18.
- What having nudes shared online is like.
- How to say no to sending pics or get help when one has been sent.
- Catfish – what they are and how to spot them.

WHAT WILL I NEED?



Pen or pencil



Laptop or phone



45-60 minutes



Blank paper



Earphones?



Open eyes!

GO ►

TOPIC 3

NUDES

& CATFISH

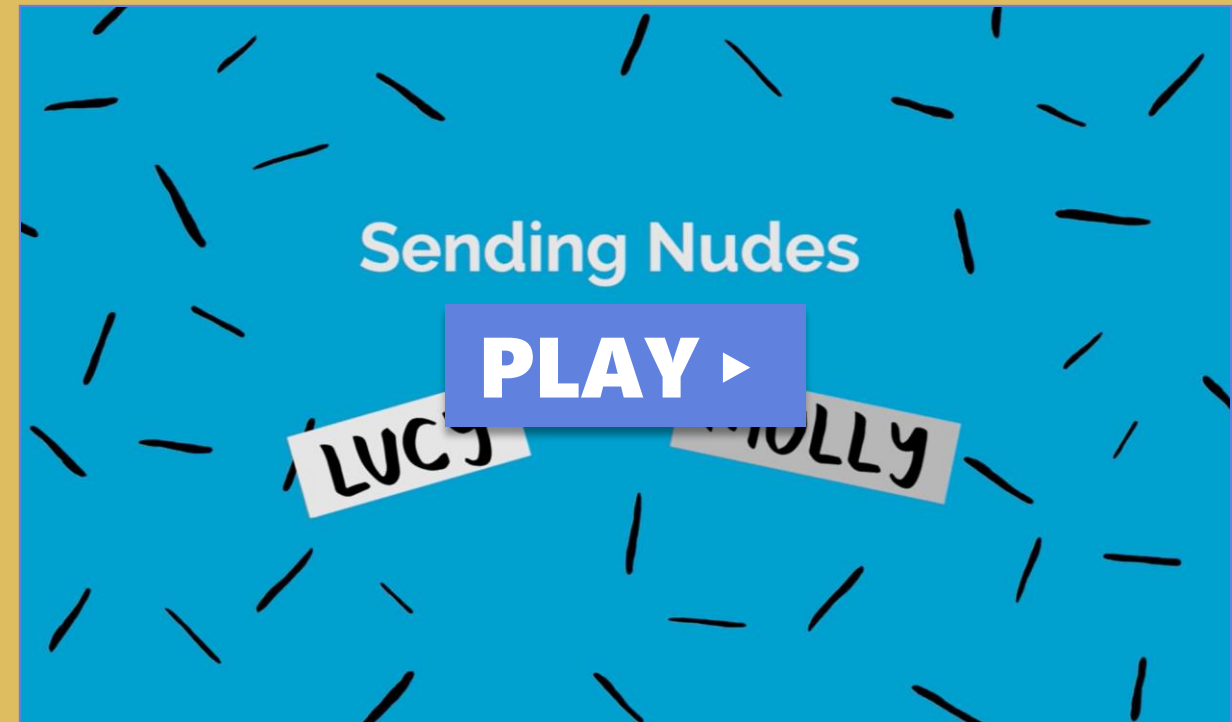
WARM UP

Sending nudes includes sending photos or videos of someone, normally yourself, either partly or fully naked.

It's important to stop and think about what might happen if someone sends a pic.

Watch this video and find out more 

NEXT ►



TOPIC 3

NUDES

& CATFISH

LEGAL OR ILLEGAL?

Click each story. Everyone mentioned is under 18 years old... when you're done click **HERE** ►



Sam deliberately takes some naked selfies after a shower. He thinks about it and decides not to send them to anyone and deletes them from his phone.



Ellie shares a naked video of her ex-partner Max with some friends on a closed chat. Her friend Jessica then posts it on her feed to embarrass Max.



Alfie sends a "dick pic" to Megan by mistake on an app that deletes images quickly. Megan screenshots the pic & saves it to show to a friend.

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TAKE OR MAKE

Sam should not have taken the photos, but did the right thing by not sending the naked selfies to anyone and deleting them.

Deliberately taking or making “indecent images” (sexual/naked pictures or videos) of anyone under 18 is illegal. This includes children taking or making photos of themselves!

The law exists to protect young people though...

WHAT THE POLICE SAY

The National Police Chiefs’ Council says that children taking indecent images should not be prosecuted (taken to court) for a first time offence. The incident will be investigated though to make sure everyone is safe. Repeat occasions though will be treated differently.

Thank you, next 👉

TOPIC 3

NUDES

& CATFISH

DISTRIBUTE OR SHOW

Ellie and Jessica did the wrong thing.

Knowingly sharing or showing “indecent images” of children under 18 to someone else, whether they are a child or an adult, is illegal. This includes children sharing photos of themselves with other children!

What Jessica did could be classed as “revenge porn” and is also illegal.

WHAT THE POLICE SAY

The National Police Chiefs’ Council says that children sharing indecent images should not be prosecuted (taken to court) for a first time offence. The incident will be investigated though to make sure everyone is safe. Repeat occasions though will be treated differently.

Thank you, next 👉

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POSSESSION

Alfie shouldn't have sent the picture as he still intended on sharing it, even if he sent it to the wrong person by mistake. Megan shouldn't have saved it either!

Knowingly having "indecent images" of anyone under 18 with the intention to show them to someone else is illegal. Megan also "made" an indecent image by screenshotting it.

WHAT THE POLICE SAY

The National Police Chiefs' Council says that children possessing indecent images should not be prosecuted (taken to court) for a first time offence. The incident will be investigated though to make sure everyone is safe. Repeat occasions though will be treated differently.

Thank you, next 👉

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DOWNLOAD ▼

HOW IT FEELS

👉 **Download** the *First to a Million* interactive film from THINK U KNOW. (It's a big file so may take a while)

Play through the film and character stories to see how it feels for private images like nudes to get shared online.

NEXT ➡

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TIME FOR A BREAK!

5 MINUTES

Go have a 5 minute break!
Dance and shake your arms & legs!
Go to the toilet!
Or, get a drink!

I'M READY ►

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No one has the right to pressure someone else into sharing a nude image. Everyone has the right to say “no” if someone asks them to do something they’re not comfortable with. Here are some ways to say no:

Someone you don’t know: Ignore, block and report it to the social media site or CEOP so they cannot contact you anymore.

More advice:



Someone you know and like but are not in a relationship with: You may want to say no in a funny way. Look at the “Zipit” app for ideas.

More advice:



Someone you’re in a relationship with: Let them know you’re not comfortable. If they respect & care for you they should understand.

More advice:



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childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is free, private and confidential. They only tell other people in exceptional situations.



CEOP can help if someone is being sexually abused, e.g. someone has threatening a person to share pics.



GETTING HELP

If someone has sent nudes already they can:

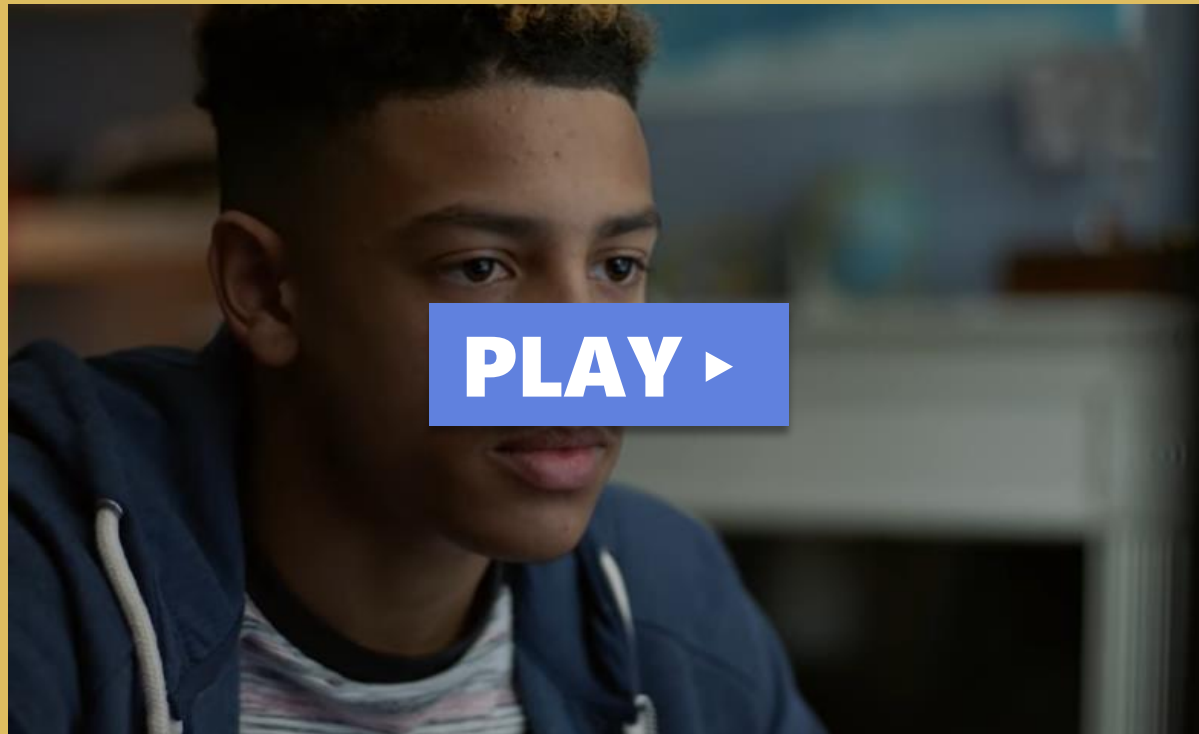
- Ask the person to delete it:** most people won't want to share it so have an honest conversation;
- Speak to a trusted adult:** it might be embarrassing to start with but they can help you.
- Report it to the social media site:** social networks don't allow naked pics of under 18s.

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CATFISH

It can be fun chatting to people interested in the same things as us. But not everyone online is who they say they are. A “catfish” is someone using a fake or altered identity to deceive other people.

Sometimes they ask children to send them a pic...
Watch this video 

NEXT 

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SIGNS TO SPOT A CATFISH

How do you know who to trust online? They might be faking it if... [Want more advice?](#) 



They're too good to be true!



They offer presents or make promises



They put pressure on you



They want to message in private



They want chats to be kept secret

NEXT 

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TODAY YOU LEARNT:

- The law about “nudes” for those under 18.
- What having nudes shared online is like.
- How to say no and get help.
- What catfish is and how to spot one.

Want to learn more?



**DITCH
THE LABEL**



COOLDOWN

This might have been an intense session.

Take some time to play “Up To You – Party Edition” and play your way through life’s tricky situations.

PLAY ▶

NEXT ➡

HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE

TOPIC 4 **SEX & GROOMING**

Next week you will learn about sex & grooming so you can keep safe at home, online and outside.
Bye for now!



HOW DO I KEEP SAFE? AT HOME, ONLINE & OUTSIDE

WHAT IS THIS? An interactive booklet on families and domestic abuse that your local police force, Humberside Police, want children and families to know more about so they can stay safe in the future. This has been made as part of Operation Galaxy.

OP GALAXY? An operation by Humberside Police to reduce crime & anti social behaviour, protect vulnerable people and tackle some big problems like the topics below.

HOW WILL THIS WORK? Over 4 weeks in June we will be sending an interactive booklet just like this out to schools to include as part of their home education plans for children still at home, or as part of their classroom learning for those who have returned to school. Each booklet directs children to trusted online resources that can explain more about the topic. The resources and language in each booklet is tailored to the age of the child (primary or secondary school), but you should scan through the booklets and resources so you know they are right for your child. *Click each topic below to read more about them online.*

TOPIC 1: DOMESTIC ABUSE

TOPIC 2: CCE (CHILD CRIMINAL EXPLOITATION)

TOPIC 3: ONLINE SAFETY

TOPIC 4: CSE (CHILD SEXUAL EXPLOITATION)