



Achieve
together



Keeping Safe Online

A guide for people with learning disabilities

Developed by Achieve together and CHANGE

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Introduction



This easy read guide is about how to keep safe online including using the internet and social media.



The guide looks at different types of online abuse you can experience and what to do if you feel you are unsafe.



The guide also shows you the types of things you can do to keep safe online and warning signs that you may be experiencing online abuse.



The guide was created by Achieve together and CHANGE after focus groups with people supported by Achieve together

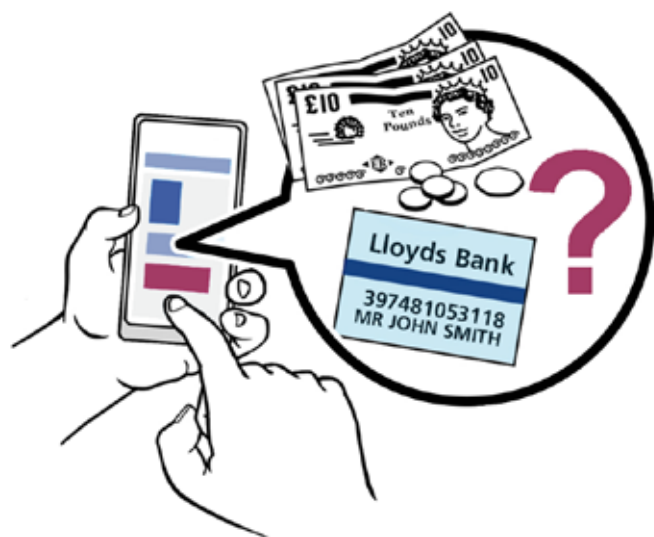


Types of online abuse



Discrimination

This is when someone is abusive to you because of, for example, your race, gender, age, sexuality, religion, appearance, or disability.



Exploitation

This is when someone abuses you to get something out of it for themselves. Grooming, Matecrime, Sexting, Hacking, and financial abuse are types of exploitation.



Psychological

This is when someone tries to effect your emotions by abusing you. Verbal abuse, Trolling, Harrassment, Stalking, Cyber bullying, and controlling behaviour are types of psychological abuse.



Set up
security settings
on your computer

Be careful about
email and
charity scams



Go online with
someone you
trust



How to keep safe

What you
look at

Talk to someone you
know before signing
up for online loans or
gambling sites



Don't download
anything illegally





Always log out of accounts



Install antivirus software



Life online

Look at

Don't give out personal information



Change your passwords regularly

Don't click on links or popups if you haven't heard of the site





A virtual stranger
can be a risk



Keep your profile
hidden and check
your security
settings



Don't send naked
pictures of
yourself to anyone



How to keep
safe

Don't accept
strangers as
friends



Don't talk to
people you don't
know in private





You are in control



Only add people you know



Life online

s

Don't give out your location e.g. snapchat

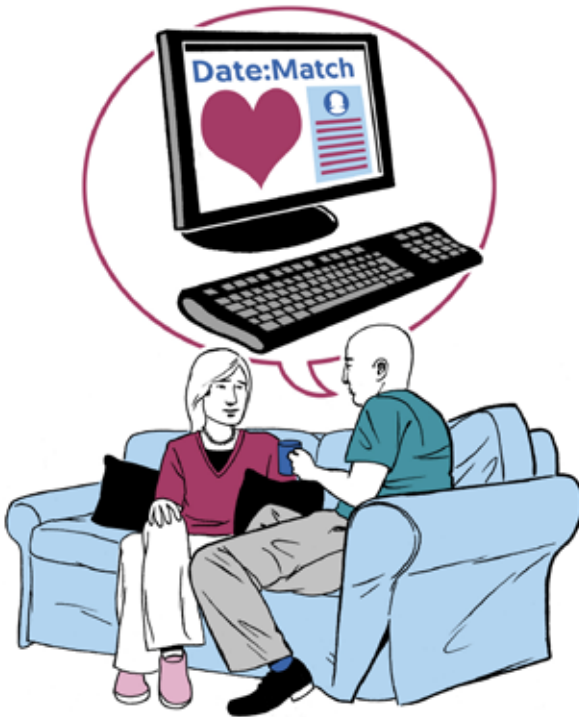


Think about what you say to and about people online

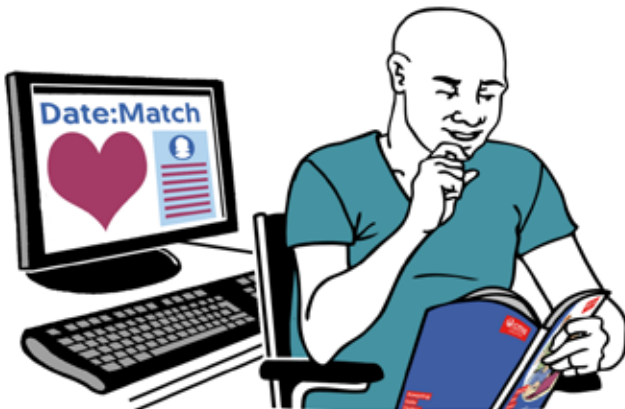
It's okay to say No



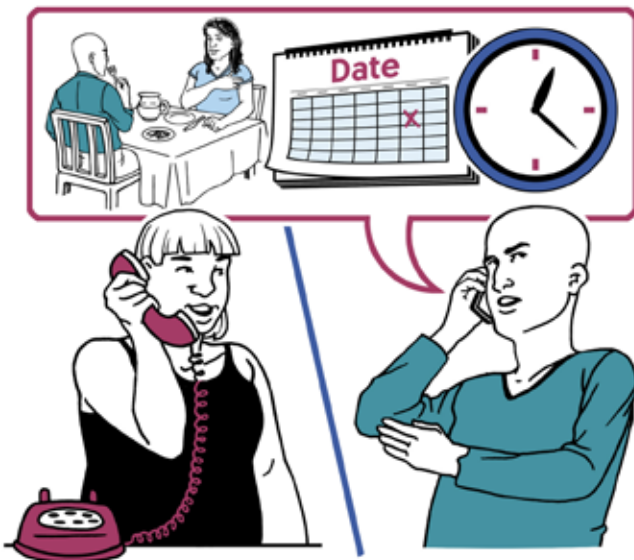
Keeping safe on dating websites



Talk to someone in your support network and let them know if you are thinking of signing up for a dating website.

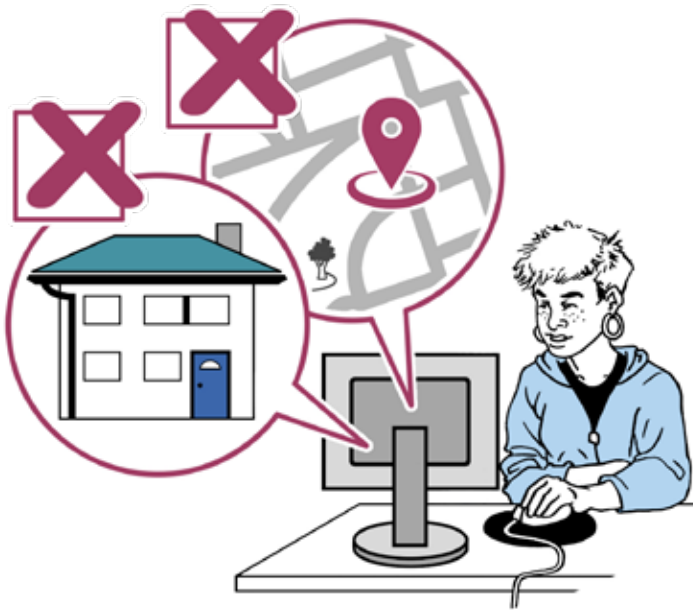


Take your time when building relationships. Remember to follow all the points on how to keep safe online and look out for warning signs that you may be unsafe.



Always let someone in your support network know if you are going to meet someone you have met on a dating website.

Keeping your location safe



Never give out your location, your address, or where you live when you are online.



Some apps such as Snapchat let other people know your location when you are online. This can make you vulnerable.



Always hide your location on your apps and devices. If you don't know how to do this ask someone you trust to help you.

To hide your location on snapchat follow these instructions:

<https://support.snapchat.com/en-GB/article/location-snap-map>



You are so gorgeous!

Someone you don't know giving you lots of compliments



Strangers from abroad talking to you



Will you be my girlfriend?

Someone you don't know asking to be your girlfriend or boyfriend



Warning signs

are not

Strangers talking about your friends or family when you don't know them



Strangers asking you to send them photos or videos

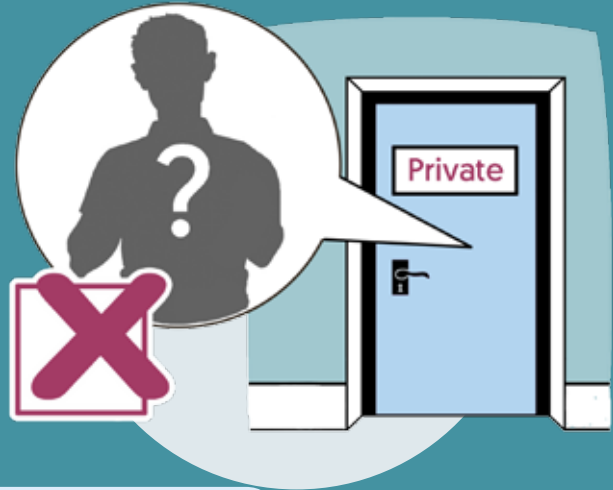


Will you send me some photos?





Strangers asking you for things like money

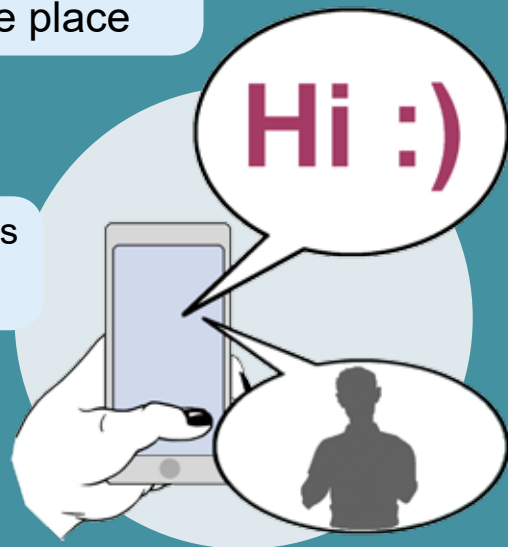


Strangers asking to meet in a private place



that you
safe

Private messages from strangers



Suspicious emails in your inbox

Strangers asking you lots of personal questions



What to do if you have a problem



Come offline

If you feel unsafe online or are experiencing abuse come offline until the issue is resolved.



Report it

If you are on a social media site such as facebook or twitter report any abusive behaviour.



Block it

Block any abusive people on all your devices, on social media, and block any abusive emails as spam.



Talk to someone you trust

Talk to someone in your support network that can help you deal with what is happening. This could be a support worker, friend or family member.



Contact the police

If you are experiencing abuse online contact the police about the issue.



Keep any evidence

Don't immediately delete any messages, emails, photos or videos you get. Keep them as you may be able to use them as evidence of the abuse.



Contact other organisations

There are organisations that may be able to help you and give you advice. There is a list on the next page.

Organisations to contact

Hatecrime UK Tel: 0808 802 1155

www.stophateuk.org/report-learning-disability-hate-crime/

Bullying UK Tel: 0808 800 2222

www.bullying.co.uk/cyberbullying/

Child exploitation and online protection command

www.ceop.police.uk/safety-centre/

Truevision Local Police Tel: 101

www.report-it.org.uk/home

Samaritans Tel: 116 123

www.samaritans.org

Safer Net Tel: 0300 123 2040

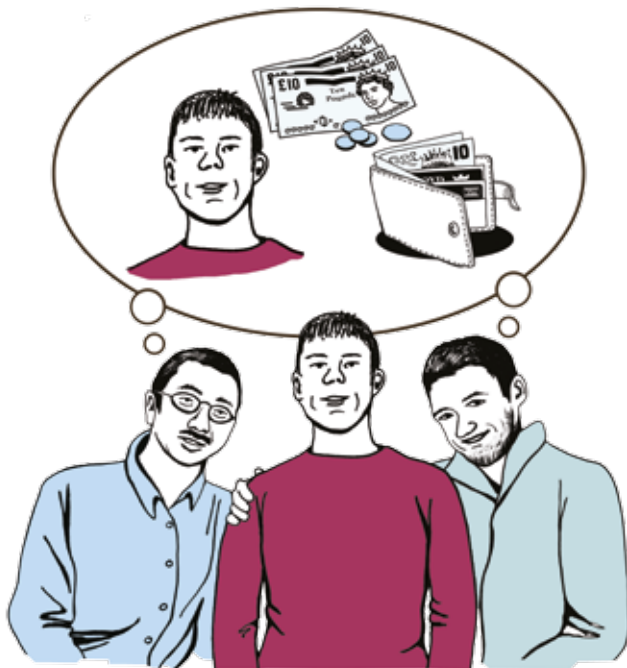
www.safernet.org.uk/for-people-with-ld

Wordbank



Grooming

Grooming is when someone builds a relationship with you so they can take advantage of you.



Mate Crime

Mate Crime is when someone pretends to be your friend so they can abuse you.



Sexting

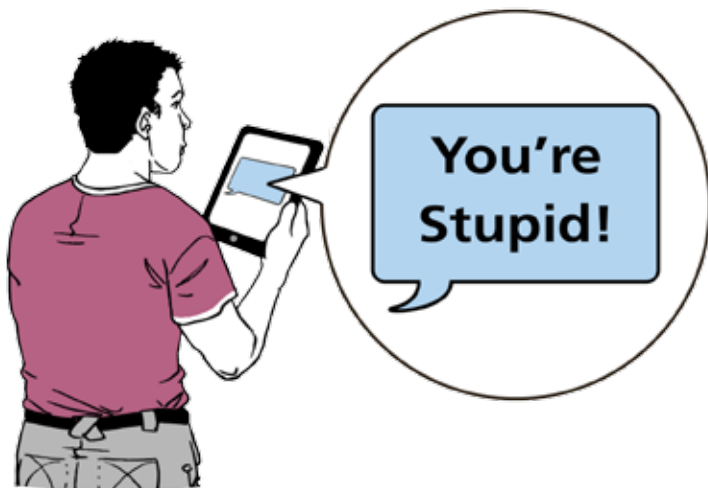
Sexting is sending sexual messages, photos or videos by mobile phone.

Wordbank



Cyberbullying

Cyberbullying is bullying behaviour that happens online or over electronic devices.



Trolling

Trolling is posting offensive or abusive messages on social media sites to anger someone.



Stalking

Stalking is when someone follows what you are doing without you knowing.

Thank you to everyone who attended the focus groups and shared their experiences so this guide could be produced.





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