

Personal Safety TEEN EDITION

You have the right to be safe and happy no matter how old you are or where you are.

Remember YOU are responsible for your own personal safety, so the decisions you make are really important:

You have the freedom of choice, but are not free from the consequences of your choices...

SCAN HERE
to be taken
straight to
Talk To
Frank



Sexting:

Sexting is posting online or sending sexual messages or naked or semi-naked photos or video clips via any digital device...



THE LAW:

It is a crime to take, make, permit to take, distribute, show, possess, possess with intent to distribute or to advertise indecent photographs of any person below the age of 18

Technology

Technology is amazing, and it is ever evolving - you can use it for communicating with your mates and family, gaming, doing homework and shopping to name just a few options!

Despite all of these awesome advances in tech, you have to remember it comes with risks - not everything is real and not all people are who they say they are!

REMEMBER:

- * You should never meet up with someone you don't know
- * There are always people you can speak to or that can help you - you can ALWAYS take control!
- * If someone is making you feel uncomfortable online tell an adult and report it using the CEOP report abuse button

Ask yourself when you go out:

Does my parent or carer know where I am? ✓✗

Does my parent or carer know who I am going with and what time I am expected to be home? ✗✓

Am I carrying more money than I need? ✓✗

Have I got my mobile with me and is it charged? ✗✓

Am I walking on the side of the road facing oncoming traffic? ✓✗

Is the route I am taking well-lit and not isolated? ✓✗

ICE:

In Case of an Emergency

- Who is my ICE contact?
 - What is my ICE contact number?
- Put these details into your phone and save as ICE Contact. This will help Emergency Services contact an appropriate person for you should it ever be needed!

For more support and advice, contact:

ChildLine
0800 1111
childline.org.uk

dan 24/7
dan247.org.uk

101
POLICE 24 HOUR NON-EMERGENCY NUMBER
IN AN EMERGENCY ALWAYS CALL 999

Contact Papyrus-UK for support with how you are feeling: Text HOPE to 88247

PAPYRUS



SCAN HERE
for
support
staying
safe online