



THE PARTICIPATION TEAM

TOP TIPS FOR ONLINE SAFETY!

We know that it's a difficult time again at the moment, not being able to go out and socialise, visit family and friends and generally being restricted in everything we can do outside the home.

A good way to stay in contact is by using online platforms and social media but this has to be used with caution. Below are some top tips to staying safe online.

- 1. When setting up new accounts, always use a strong password,** not something that may be obvious for other people to guess. Also don't use the same password for multiple accounts. Don't share your password with anyone but the adults you live with that look after you.
- 2. Don't give out personal information when using social media.** Don't give out your address, phone number, where you go to school or email address to people you don't know.



- 3. Remember that anything you post online will be out there forever,** so don't post any images or photos that you are not happy for people to see years later. Prospective employers may do an online search if you are applying for a job so think carefully about what you post.
- 4. Always check your security settings when using social media.** If your settings are not 'locked down' or set to 'private', anyone on the internet can see what you are posting and gain access to any photos you post. Check individual sites for their settings or check via 'settings' within your phone.



- 5. Online Shopping** If you are doing online shopping, always make sure it is from a legitimate website and that the website is secure. Do your research on the company or shop before entering any payment details.

6. Make sure you limit the amount of time you spend on social media, maybe set yourself a realistic limit each day and try and stick to it. This could be spilt up throughout the day.

7. Always try to use a secure Wi-Fi so your information cannot be stolen. If you are using someone else's or a public computer, always make sure you sign out when you have finished.



8. Don't be influenced by unrealistic images on other people's social media, the use of filters and photo-shopping can give the illusion of perfection and not 'real life'.

9. Make sure your software and anti-virus protection is up-to-date. Updates often contain changes which help protect you and your devices from scammers and online criminals.

10. Always be respectful of other people's views and opinions online, you may not agree with everyone but try to remain positive and not get into online arguments.



11. Enjoy safely. Social media can be a great way to stay in touch with family and friends when we can't go out and meet people at the moment. Stay safe, stay home!



Get in touch:

Why not let us know what you are doing during this lockdown? Do you have any advice for other young people?

Contact us by emailing VSK_Participation@kent.gov.uk
