

On Tuesday, 9 February 2021, we will celebrate the 18th edition of Safer Internet Day with actions taking place right across the globe.

To support this day, Dorset Police has created these short information slides to offer you advice and information to help stay safe online.



COVID-19 has changed the ‘norm’ for everyone. With much of our lives now online, it is important to protect ourselves from the different risks that come from spending more of our time in a digital environment. Luckily, online programmes have given opportunities for education to continue throughout COVID, but this also means that you are more vulnerable to online risks than before.

It is so important, if you are worried about something, or see or experience something online that concerns you, speak to someone you trust as soon as possible. Don’t suffer in silence.

There are lots of information and advice available on our website for you.

[More information](#)

Online programmes have given opportunities for education to continue throughout COVID, but this also means that young people are more vulnerable to online risks than before.

It is important to have regular conversations about staying safe online and to encourage young people to speak to you if they come across something worrying.

These resources provide guidance and support for parents and carers on how to talk to your child about a range of online safety issues, as well as set up home filtering and age-appropriate parental controls on digital devices:



[Provides resources for parents/carers and children of all ages to help keep children safe online](#)



[Childnet has developed guidance for parents and carers to begin a conversation about online safety, as well as guidance on keeping under-fives safe online.](#)



[National Society for the Prevention of Cruelty to Children \(NSPCC\) has guidance for parents and carers to help keep children safe online](#)



[UK Safer Internet Centre provides tips and advice for parents and carers to keep children safe online - you can also report any harmful content found online through the UK Safer Internet Centre](#)



What is sexting?

Sexting is when you use your phone to send sexy pictures or videos.

You might think that sexting is just a harmless way to flirt or show your partner that you're into them, but once you hit send on that message you lose control. There is no way to get your pictures and messages back. Maybe the person you sent it to will delete it, but what if they don't?

Is sexting illegal?

Sending, owning, or taking naked or sexual pictures of someone under 18 (called a minor) is illegal, even if you both said it was ok.

What do I do if I have sent or received a picture?

Sent a picture: Don't panic! If you have sent a picture and it gets out of hand, talk to an adult you trust. It is OK to ask for help. Ask the other person to delete it if you can. You can also contact the Internet Watch Foundation or YOTI to get the image deleted.

Received a picture: Don't send or show it to anybody and delete it straight away.

Remember - it's **NEVER** okay to share or post someone else's private photos or texts, even if you're in a fight or you don't like them. This is a cruel form of bullying and sexual harassment, and it can really hurt people.

[More information](#)

What is cyber bullying?

Unfortunately, with the majority of learning now being online, bullying can follow people wherever they go, via social networks, gaming and messaging.

When should I report bullying to the police?

Many incidents of bullying are not actually crimes and can be dealt with by the school. It's important to speak to an adult you trust if you believe bullying is happening so they can give support and help.

Police may become involved in incidents of bullying where there is any:

- Violence
- Theft
- Harassment and intimidation over a period of time
- Hate crimes or hate incidents

If you are being bullied online you can block the person concerned and report them to the site/app. Make sure you take screenshots to show the school.



Further advice and support about bullying and cyber bullying.

[More information](#)

**internet
matters.org**

Information and advice about cyberbullying.

[More information](#)

We know it's hard to understand what's going on at the moment. Every daily routine you are used to has changed. School is now online, you can't meet up with your friends and you can't go out to parties, it's tough, and you are perfectly entitled to feel that things aren't fair.

If you are struggling with anxiety, or feeling worried about the situation, it is so important you talk to your parents/guardians, teachers or someone you trust.

You may want to contact Childline on 0800 1111 or speak to someone via the Kooth app.

Don't keep it to yourself.

What do I need to do to help stop the spread of COVID-19?

We all have a responsibility to do our part in the fight against COVID-19. You can help by:

- always wearing a face covering when you are in shops (if you are 11yrs of age and over)
- staying at home as much as possible – you can leave your home to exercise locally
- limiting contact with other people you don't live with – when you are out exercising you can meet with people in your household's support bubble or with a maximum of ONE other person from outside of your household. If you do this you should stay at least 2mtrs apart
- washing your hands regularly – if you can't wash your hands make sure you use hand gel

[More information](#)