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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 the Care Management Group and CHANGE after focus groups with people supported by CMG.
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.
How to keep safe online

What you look at

- Always log out of accounts
- Install antivirus software
- 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
- Don’t download anything illegally
- Talk to someone you know before signing up for online loans or gambling sites
- Go online with someone you trust
- Be careful about email and charity scams
- Set up security settings on your computer

How to keep safe online
How to keep safe online

Relationships

- A virtual stranger can be a risk
- Keep your profile hidden and check your security settings
- You are in control
- Only add people you know
- Don’t give out your location e.g. Snapchat
- Don’t talk to people you don’t know in private
- It’s okay to say No
- Think about what you say to and about people online

- Don’t send naked pictures of yourself to anyone
- Don’t accept strangers as friends
- It’s okay to say No
- Think about what you say to and about people online
- Don’t talk to people you don’t know in private
- It’s okay to say No
- Think about what you say to and about people online

- She is a silly bitch....
- It’s okay to say No
- Think about what you say to and about people online

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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
Warning signs that you are not safe

- Strangers asking you for things like money
- Strangers from abroad talking to you
- Strangers asking to meet in a private place
- Private messages from strangers
- Suspicious emails in your inbox
- Strangers asking you lots of personal questions
- Strangers asking you to send them photos or videos
- Strangers talking about your friends or family when you don’t know them
- Someone you don’t know giving you lots of complements
- Someone you don’t know asking to be your girlfriend or boyfriend
- Strangers talking about your friends or family when you don’t know them
- Strangers asking you for things like money
- Strangers from abroad talking to you
- Strangers asking to meet in a private place
- Private messages from strangers
- Suspicious emails in your inbox
- Strangers asking you lots of personal questions
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- Someone you don’t know giving you lots of complements
- Someone you don’t know asking to be your girlfriend or boyfriend
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

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

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

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.
Keeping Safe Online

A guide for people with learning disabilities

Developed by Care Management Group and CHANGE