A guide for people with learning disabilities

Developed by Care Management Group 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 the Care Management Group and CHANGE after focus groups with people supported by CMG.
What people like to do online

Examples from focus group members

- Online chat rooms
- Watch films and listen to music
- Watch sports
- Social Media e.g. facebook, twitter
- Shopping
- Talk on messenger

Anna: Hey, how's it going?
Pete: Great thanks, I saw Kat!
Anna: Wow! That's exciting!
Pete: ...
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

Set up security settings on your computer

Be careful about email and charity scams

Go online with someone you trust

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

Don’t download anything illegally

Control Panel

Firewall

WINNER!
How to keep safe online

- 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

Password:

Original:

New:

www.happysitewithhiddenvirus.com
How to keep safe online

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

Don’t accept strangers as friends

Don’t talk to people you don’t know in private
How to keep safe online

- You are in control
- Only add people you know
- 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
- She is a silly bitch.....

Relationships

You are in control

Only add people you know

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

She is a silly bitch.....
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
Someone you don’t know giving you lots of complements

Will you be my girlfriend?

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 from abroad talking to you

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

Private messages from strangers

Suspicious emails in your inbox

Strangers asking you lots of personal questions

Warning signs that you are not safe

Where do you live?
What time do you go to bed?
Do you have any sisters?
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.stop hateuk.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.
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.
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