

PONY CLUB



E-Safety Guidance for Young People

The internet is great for communicating, but you have to be careful when you go online - follow these simple pointers and stay safe!

Links

- **Young People & Social Networking Sites Guide**
<http://www.childnet.com/>
- **Child Exploitation and Online Protection centre**
<http://www.ceop.police.uk/>
- **Think u Know - advice site for young people and parents**
<http://www.thinkuknow.co.uk/>
- **NSPCC - Childline 0800 1111**
<http://www.nspcc.org.uk/>
- **NSPCC Child Protection in Sport Unit**
http://www.nspcc.org.uk/inform/cpsu/cpsu_wda57648.html
- **Health & Safety at The Pony Club**
stefanie@pcuk.org or 02476 698323



Social Networks

Do

- Make sure your social networking profile is set to private or friends only.
- Make sure you know how to block someone on a social networking site, and if necessary report them.
- When uploading photos of yourself and friends make sure your friends are happy for you to do so.

Don't

- Do not communicate with people on social networking sites if you do not know them.
- Never upload photos or send comments that may be hurtful to others.
- Don't criticise Officials, Coaches, Volunteers or Members on social networking sites by the use of text messaging.

Online

Do

- Have a look at www.thinkuknow.co.uk, an advice website from the Child Exploitation and Online Protection Centre www.ceop.police.uk
- If you are worried and would like help, go to www.ceop.police.uk or tell your parents/carers or a responsible adult such as your school teacher.
- Remember that any photos, video clips and comments uploaded to the internet may be there forever even if you delete them. They may also be viewed by people that you may not think will see them.

Don't

- Do not give out personal details such as your address, mobile number or location on any website or on the phone.
- Do not meet up with anyone who you have only met and spoken to online.