The internet and mobile phones make it easy to talk and communicate with your friends quickly and cheaply.

To help you stay safe you may like to read through and act on the following points:

- 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.

- Do not communicate with people on social networking sites if you do not know them.

- 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.

- Make sure your social networking profile is set to private or for friends only.

- When uploading photos of yourself and friends make sure your friends are happy for you to do so.

- Never upload photos or send comments that may be hurtful to others.

- Make sure you know how to block someone on a social networking site, and if necessary report them.

**Useful Information & links**


**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/


**Health & Safety at The Pony Club** – hannah@pcuk.org or 02476 698315