

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Cyber Safety:

The internet is a great way for young people to access information, support, entertainment and stay connected with friends and family, but it also has its **risks**.

### What are the risks of internet/social media use?

- Content which maybe inappropriate or unreliable, such as self-harming material or sexually explicit images/videos.
- Being a victim of, or be involved in, inappropriate or harmful behaviour such as cyber bullying, sexting, misuse of personal and private information.
- Other people having access to their personal information
- Being a target for online scams
- [Online grooming](#)\*

### How to keep myself safe online?

- Think before you post, be mindful of who will see or view the content you share/post
- Don't share login details to your social media and online accounts
- Be careful of unknown links, these could be scams or phishing where others can gain access to your accounts and personal information
- Be mindful of who you are speaking to online, only accept friend/follow request of people you may know.
- Talk to a trusted adult if you receive any threatening or hurtful comments/messages online
- Don't share any personal details, including photos that may contain identifying information (such as school logos and house numbers)

### How to keep my child safe online?

With the online world being a big part of young peoples everyday lives it can be difficult to monitor exactly what they get up to online, but there are thing you can do to help keep them safe.

- Talk about it, communication is key to keeping them safe online
- Talk with them about what they like to do online, this can help you have a better understanding of the safety talks they need
- Have them check their privacy settings (e.g. social media profiles set to private)
- Help them to manage what they see and do online
- Set up parental controls on devices
- Connect with them on their social media accounts
- Establish trust, this way they may be more open on the issues they maybe having online
- Educate yourself on the [signs](#) of online grooming

\* If you are concerned that your young person or another child is **being groomed** online it is important that you **report this** to the police via 101. You can also make a report online through the [safety centre \(CEOP\)](#).



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### Useful Contacts

**Eye to Eye Counselling Service:**  
01443 202940  
Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

**ChildLine**  
0800 1111  
[www.childline.org](http://www.childline.org)  
(online chat available)

**NSPCC**  
0808 800 5000  
Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

### Helpful Resources

[NSPCC: Keeping children safe online](#)

[Raising Children: Internet Safety,](#)  
[Teens](#)

[Parents Protect: Online safety](#)



Eye to Eye Counselling Service  
Parish Hall, Main Road,  
Llantwit Fardre  
Pontypridd, CF38 1PY

Tel: 01443 202940  
Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

Charity No. 1170631