

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Cyber Safety:

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

What are the risks of internet/social media use?

- Viewing or coming across material that you may find uncomfortable or upsetting, such as self-harm, sexually explicit images/video.
- Being a victim of, or be involved in, inappropriate or harmful behaviour such as cyber bullying, sexting, misuse of personal and private information.
- Receiving online scams
- Adults posing as young people (grooming) *

If you are concerned that you or someone is being groomed online it is important that you speak to a trusted adult. You can also make a report online through the [safety centre \(CEOP\)](#).

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)

Meeting someone you meet online?

We don't recommend meeting people offline if you do not know them in real life, but if you do here are some tips on how to **keep yourself safe**:

- Never go alone, always take someone with you.
- Always meet in a busy public place and don't leave to go to an isolated area once you meet.
- Don't accept a lift home from those you meet with.
- Make sure that others know who you are meeting, where you are meeting them and the day and time.
- If you find the person that you're meeting is not who they said they are do not make contact and leave straight away.

If you feel you are in danger at any point it is important you call 999



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

ChildLine

0800 1111

www.childline.org
(online chat available)

The Mix

0808 808 4994

www.themix.org.uk
(online chat available)

Helpful Resources

[CEOP Education: Think you know](#)

[BBC: Own It](#)

[Internet Safety Centre](#)

[Victim Support: Staying safe online](#)



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