



National Care  
Group



Keeping safe on the  
internet



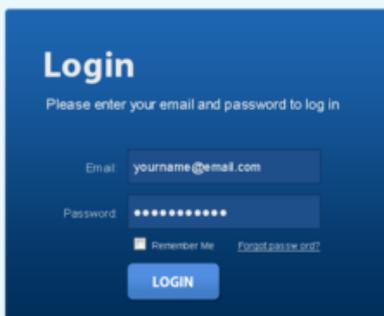
There are lots of fun things that you can do on the internet, and it is a great way to keep in touch with people.



This guide has some top tips for keeping safe when using the internet.



Some people on the internet may say some nasty things or try to steal from you. If you don't know someone on the internet you can check with staff if they can be trusted.



Be careful about sharing personal information with people on the internet, even if they say they are your friend.



Always keep your bank details a secret. If you are paying for something online try to use PayPal.



Keep all passwords a secret. Do not use your name, pet's names or where you live as a password. Try to use a capital letter at the start and then some numbers and a special character at the end. Do not use your date of birth.



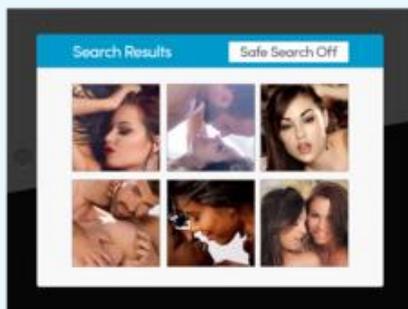
If you need help with online shopping speak to your keyworker or the manager.



If you think you are being bullied on the internet, then speak to someone. We can help stop online bullying.



Be careful what groups you join online. Some people try to promote hate speech, terrorism or do other illegal things. If you are unsure don't join and speak to staff first.



Some adult websites can cost lots of money or take personal information about you. If you use these sites staff can help you check, they are legal and safe.



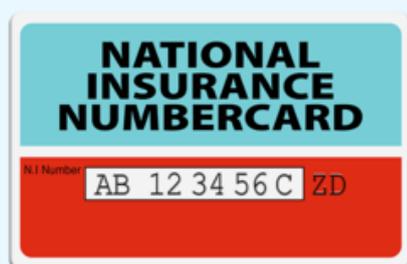
Be careful what personal information you share on Facebook and other sites. Staff can help you with the security settings on these sites so only friends can see your posts..



Be careful about clicking on strange links on the internet. Sometimes people are trying to steal your information or money. Some of these websites look real but they are not.



Be careful sharing your date of birth with anyone on the internet. If you are unsure don't do it until you speak to a staff member you trust.



Do not share your national insurance number with people on the internet. If in doubt speak to a member of staff you trust..



Sometimes people on the internet say they are from the Inland Revenue, Council, Police etc. Do not give any information away or click on any strange links. If you check the senders email address it is often wrong,



Do not tell people on the internet where you live unless they are friends or family unless you are buying something..



There is lots of fake news on the internet. If you are unsure about something, then speak with a member of staff you trust.



Some people on the internet send fake bills to you via email. They want you to click a link or send money. If you are not sure, then don't click on it and speak with a member of staff you trust.



Remember not to give any personal information to people on the internet you don't know or people who pretend to be your friend..



If you need help staff can support, you to block emails or move them to a spam folder..



Social media can be fun, some people may also use it to bully you. If you are worried about anything then please speak to a member of your support staff..



It is important that you speak to your keyworker if you are worried about anything online.



If you have a social worker then can also help you if you are worried.



The police can deal with people who bully you or try to scam you online..