

## IN4M: Information in 4 Minutes

Feb 2018



### Keeping Yourself Safe Online

Hugh Baird College are committed to ensuring your safety at all times and in all respects. This month sees the global celebration of Safer Internet Day, in which hundreds of organisations promote safe, positive uses of technology by young people.

The internet is a useful and vital method by which we communicate with others for a variety of reasons, be that talking to your friends online, buying items from online stores or researching just about anything you can name. The internet can also be a place where knowledge about potential risks can protect you and save you from becoming vulnerable. Educating yourself on the safe use of technology protects you in the online environment.

**Fake news** – not everything online is true. Some people may tell lies. They may lie about who they are. Always better to check information by looking at other websites or talking to someone who knows.

**Keep yourself safe** - use safety tools on networks and other online services, e.g. Facebook privacy settings. Only open messages from sources that you can trust. Opening messages or content from unknown sources can contain unpleasant content or viruses. Don't give out personal information online, this includes your email address, phone number and password.

**Do you know who you are talking to** - Meeting someone in person, that you have only been in touch with online can be dangerous. Only do so with parents/carers' permission and never go to meet anyone alone.

**Bullying and radicalisation can take place on line** - Be careful who you talk to and be careful about what their motives are.

**Don't give in to pressure** - If you're doing something that you don't want to tell your friends or family about then it's probably something you just should be doing.

### What can I do, if I am worried about myself or about someone else?

Hugh Baird College offer a range of services for you to tap in to, if you need advice. The Pod is the One Stop Shop for pastoral support and there you will find that you can share your thoughts with staff who are highly skilled and experienced in dealing with such issues.



We are supporting  
Safer Internet Day  
6 Feb 2018

[www.saferinternetday.org.uk](http://www.saferinternetday.org.uk) #SID2018

The Pod is open from 9 until 5 Monday to Thursday and from 9am until 4pm on Fridays, you can call in at any time; there will always be someone ready to hear your worries and support you.