

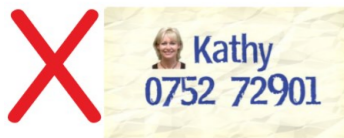


STAYING SAFE ON FACEBOOK

How to write a safe profile:



Don't:



Put information like your date of birth, address or telephone number on your profile.



Put pictures of yourself on your profile unless you can choose who can see these.



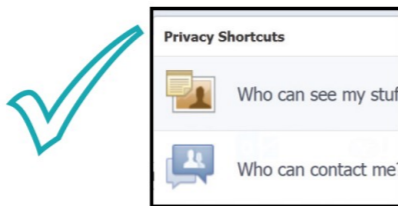
Don't use your date of birth, pets names or where you live in your password. These are easy to guess.



Do:



Ask someone who you trust to help you write your profile, if you're not sure what to write.

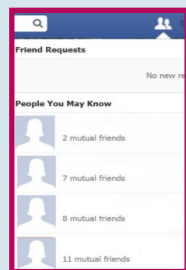


Find out how to make your profile private so everyone cannot see it.



Keep your password safe and don't tell other people what it is.

Who to have as friends:

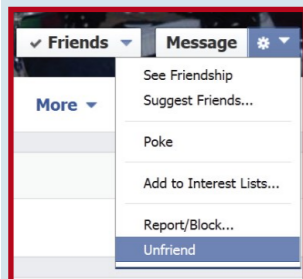


Facebook sometimes suggests 'FRIENDS' for you.

They call them 'People you may know'.

If you do not know them, do not say yes to these people.

If you are not sure who to trust on Facebook, ask a friend to help you look at people's profiles before you say 'yes' to being 'FRIENDS' with them.



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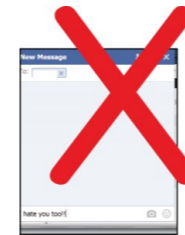
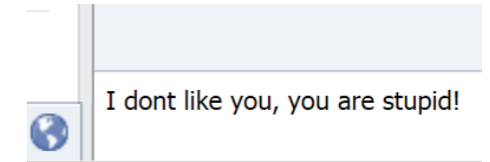


What to do if you have a problem on Facebook:



- You can tell the police if someone is upsetting you or threatening you because of your learning disability (this is called 'Hate Crime').

- If people do write things that make you feel bad on Facebook, keep these messages so you can show them to someone who can support you to make it stop.



- If someone is upsetting you, do not write back with things that can hurt them as this can be used against you.

Facebook Checklist:



I have not put too much information about me on my profile page (such as my address, email address, telephone number).



My password is safe and not easy for someone to guess.



I have made my profile and the things I post private so they can only be seen by my Facebook 'FRIENDS'.



I know how to 'unfriend' or block/report someone who is upsetting me.



I know not to write unkind or upsetting things about other people on Facebook.



I have someone I can talk to when I am not sure or worried about things on Facebook.