



Keeping Safe Online

A guide for people with learning disabilities

Developed by Achieve Together and CHANGE

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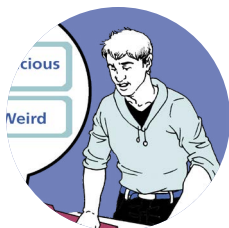
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Introduction



This easy read guide is about how to keep safe online including using the internet and social media.



The guide looks at different types of online abuse you can experience and what to do if you feel you are unsafe.



The guide also shows you the types of things you can do to keep safe online and warning signs that you may be experiencing online abuse.



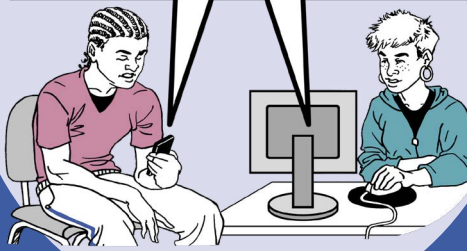
The guide was created by the Achieve Together and CHANGE after focus groups with people supported by CMG.

Anna: Hey, how's it going?

Pete: Great thanks, I saw Kat!

Anna: Wow! That's exciting!

Pete: ...



Online chat
rooms



Watch sports



Watch films and
listen to music

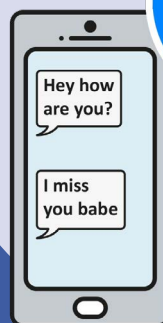


What people like to do online

Social Media e.g.
facebook, twitter



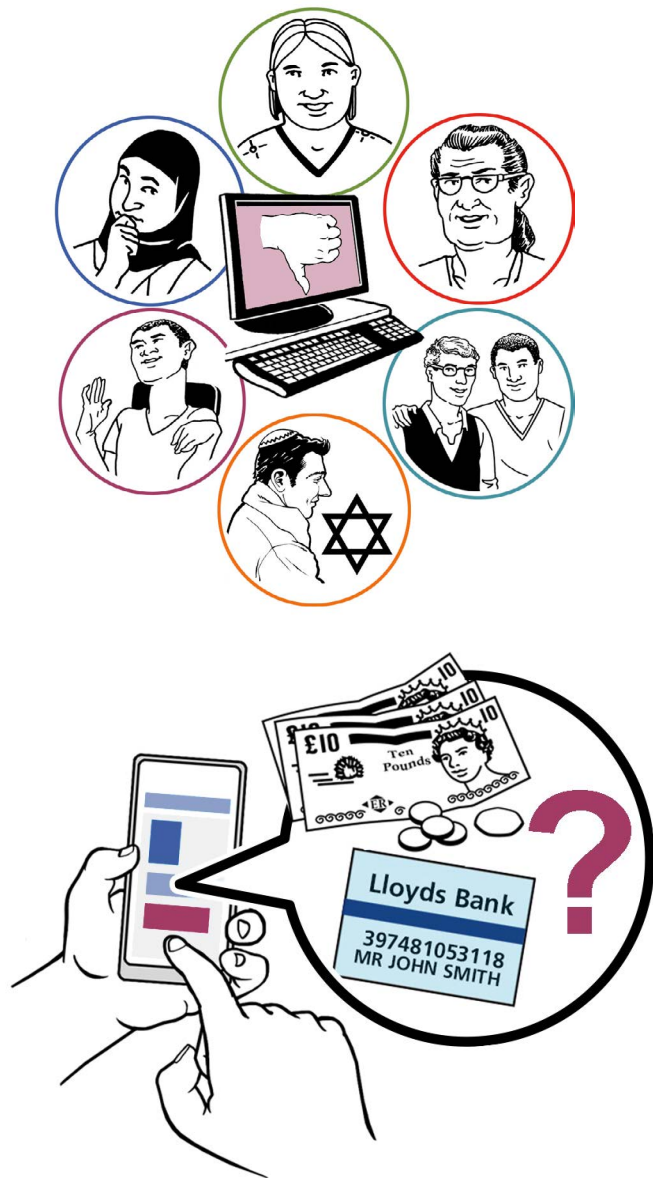
Talk on
messenger



Shopping



Types of online abuse



Discrimination

This is when someone is abusive to you because of, for example, your race, gender, age, sexuality, religion, appearance, or disability.

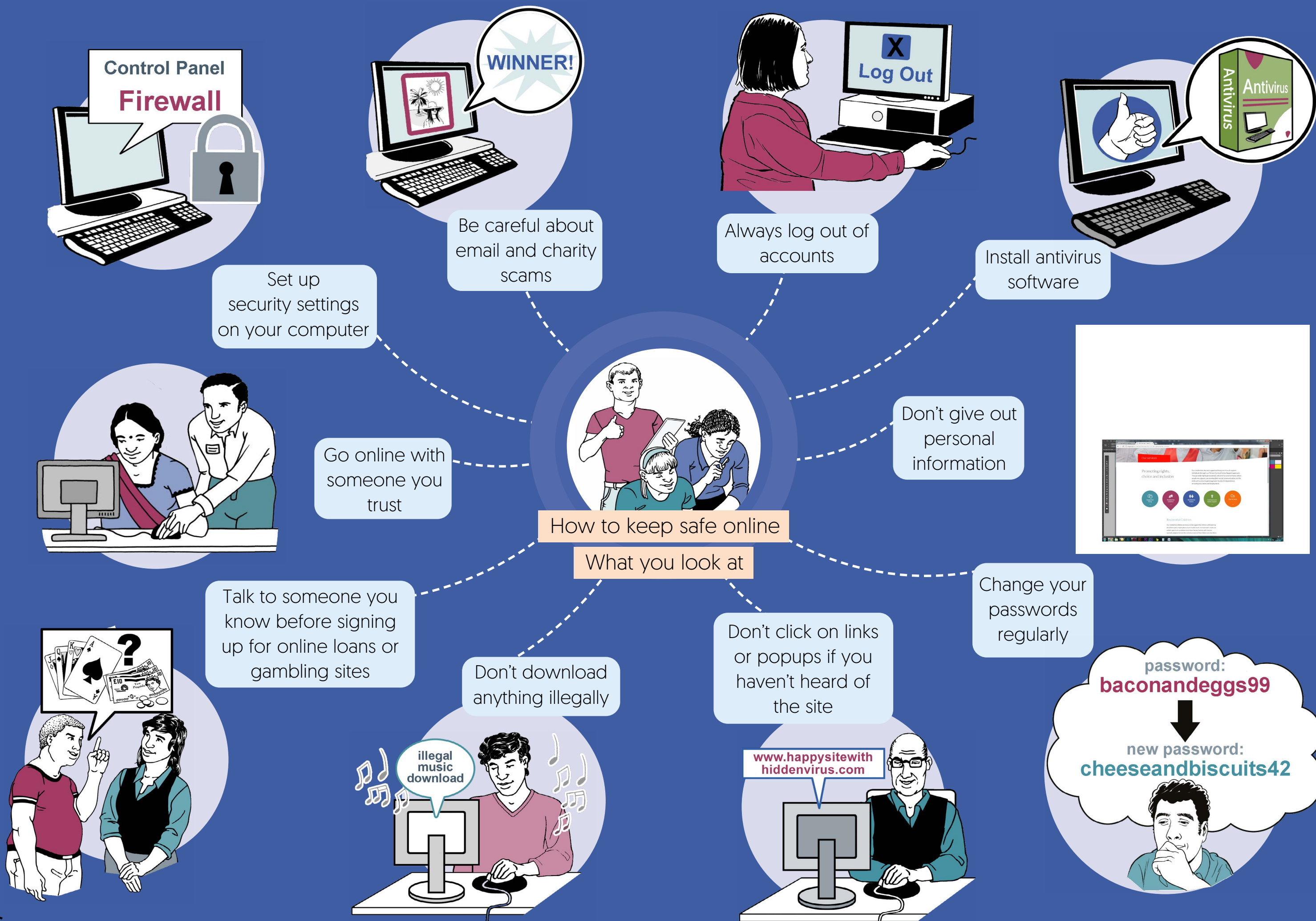
Exploitation

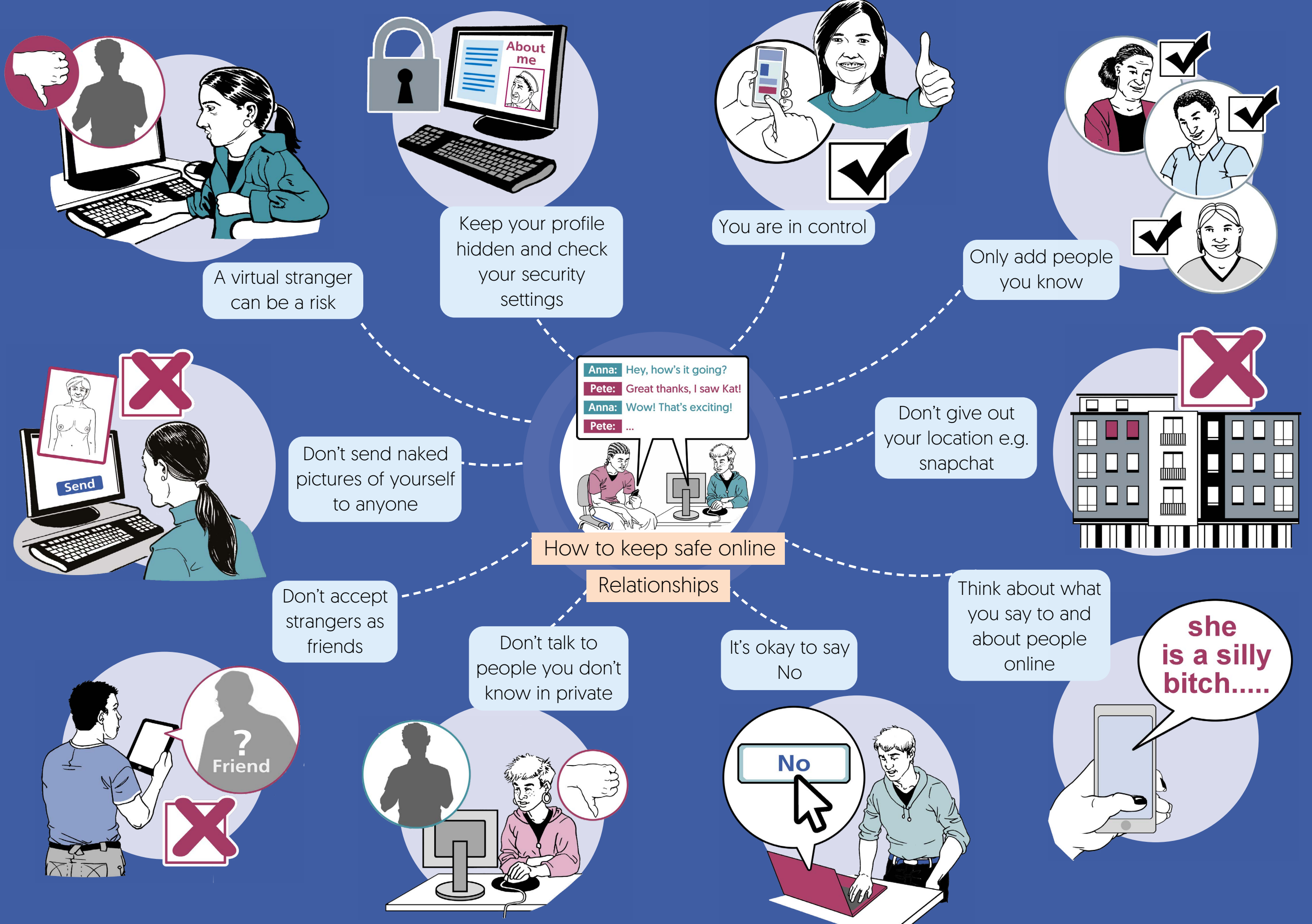
This is when someone abuses you to get something out of it for themselves. Grooming, Matecrime, Sexting, Hacking, and financial abuse are types of exploitation.



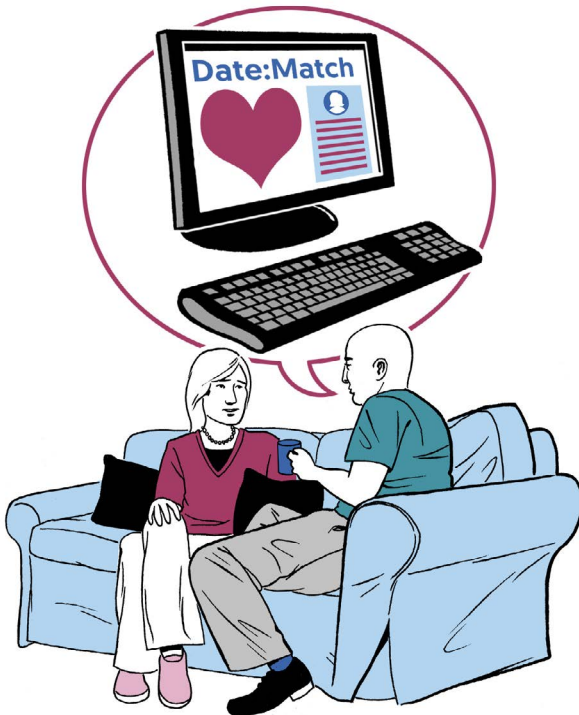
Psychological

This is when someone tries to effect your emotions by abusing you. Verbal abuse, Trolling, Harrassment, Stalking, Cyber bullying, and controlling behaviour are types of psychological abuse.

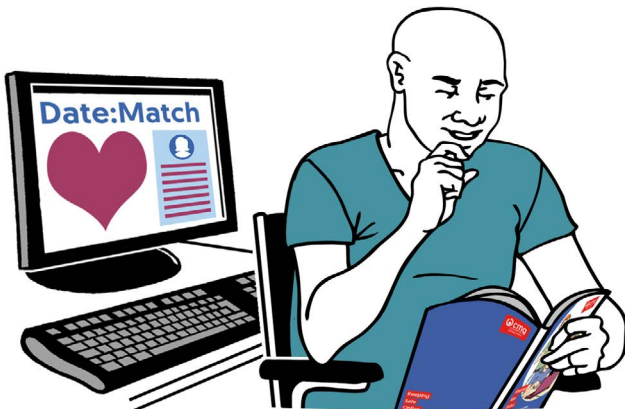




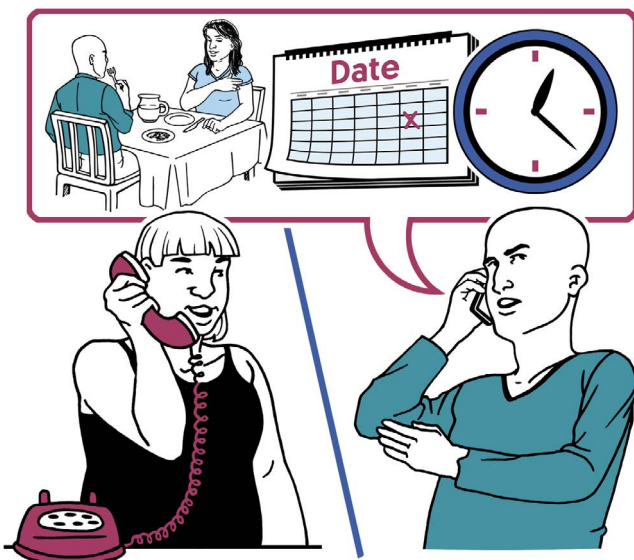
Keeping safe on dating websites



Talk to someone in your support network and let them know if you are thinking of signing up for a dating website.

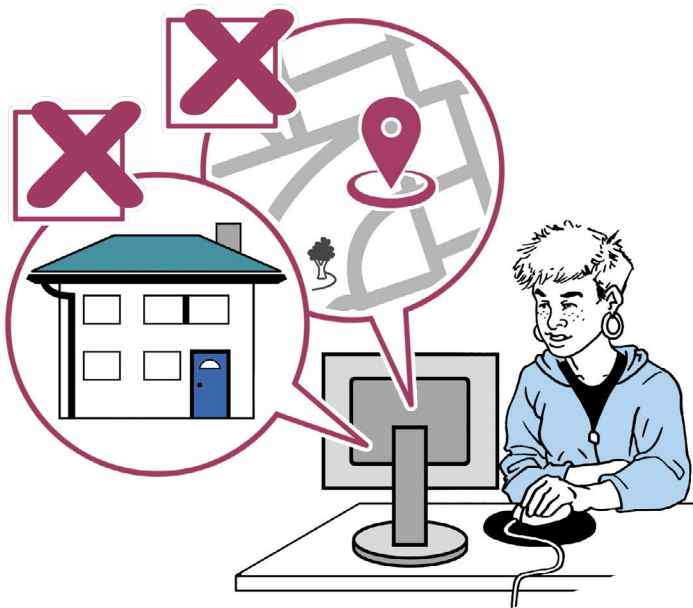


Take your time when building relationships. Remember to follow all the points on how to keep safe online and look out for warning signs that you may be unsafe.



Always let someone in your support network know if you are going to meet someone you have met on a dating website.

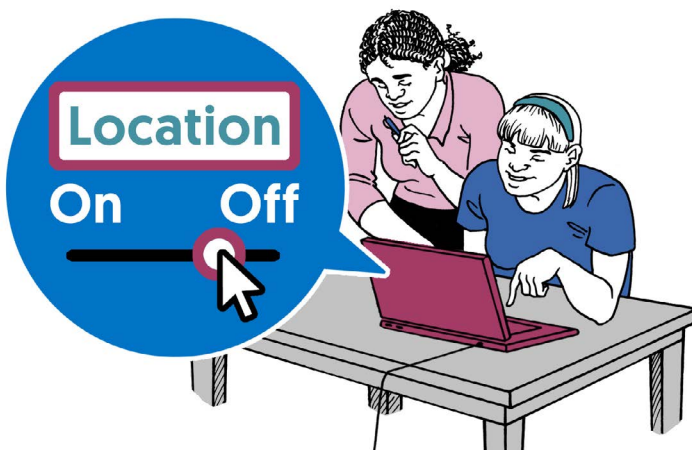
Keeping your location safe



Never give out your location, your address, or where you live when you are online.



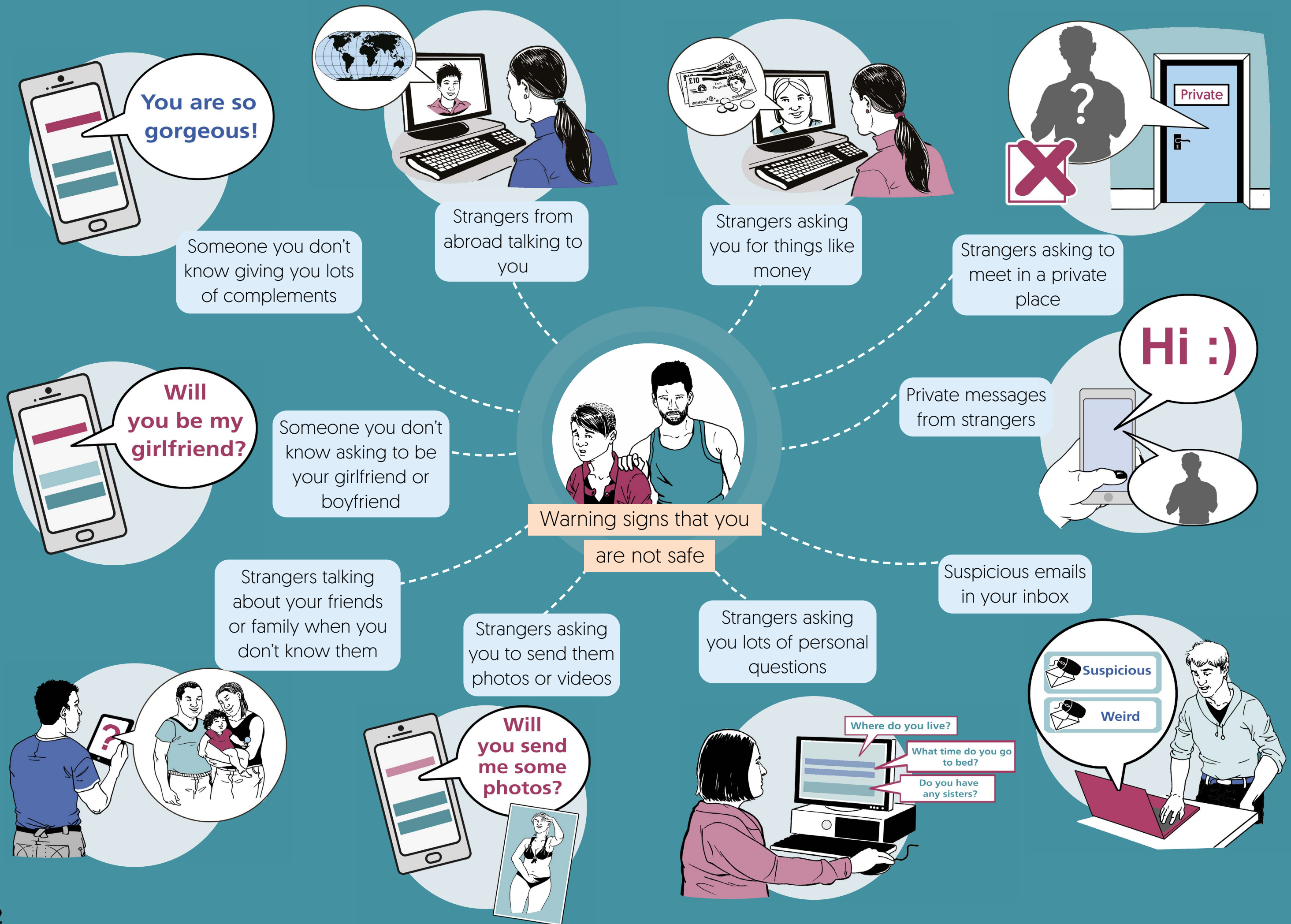
Some apps such as Snapchat let other people know your location when you are online. This can make you vulnerable.



Always hide your location on your apps and devices. If you don't know how to do this ask someone you trust to help you.

To hide your location on snapchat follow these instructions:

<https://support.snapchat.com/en-GB/article/location-snap-map>



What to do if you have a problem



Come offline

If you feel unsafe online or are experiencing abuse come offline until the issue is resolved.



Report it

If you are on a social media site such as facebook or twitter report any abusive behaviour.



Block it

Block any abusive people on all your devices, on social media, and block any abusive emails as spam.



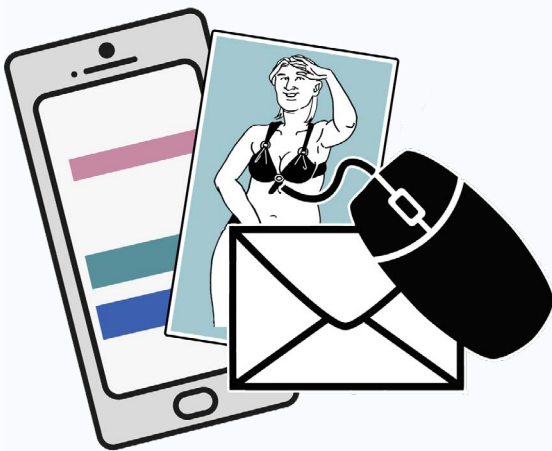
Talk to someone you trust

Talk to someone in your support network that can help you deal with what is happening. This could be a support worker, friend or family member.



Contact the police

If you are experiencing abuse online contact the police about the issue.



Keep any evidence

Don't immediately delete any messages, emails, photos or videos you get. Keep them as you may be able to use them as evidence of the abuse.



Contact other organisations

There are organisations that may be able to help you and give you advice. There is a list on the next page.

Organisations to contact

Hatecrime UK

Tel: 0808 802 1155

www.stophateuk.org/report-learning-disability-hate-crime/

Bullying UK

Tel: 0808 800 2222

www.bullying.co.uk/cyberbullying/

Child exploitation and online protection command

www.ceop.police.uk/safety-centre/

Truevision

Local Police Tel: 101

www.report-it.org.uk/home

Samaritans

Tel: 116 123

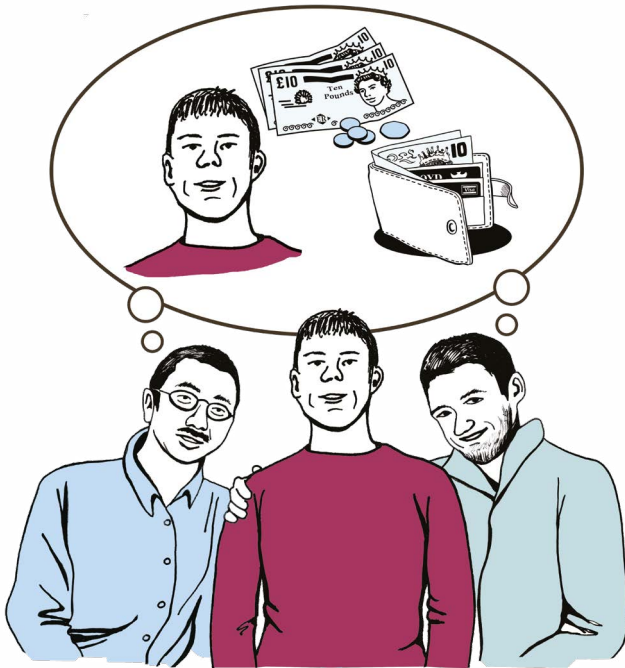
www.samaritans.org

Wordbank



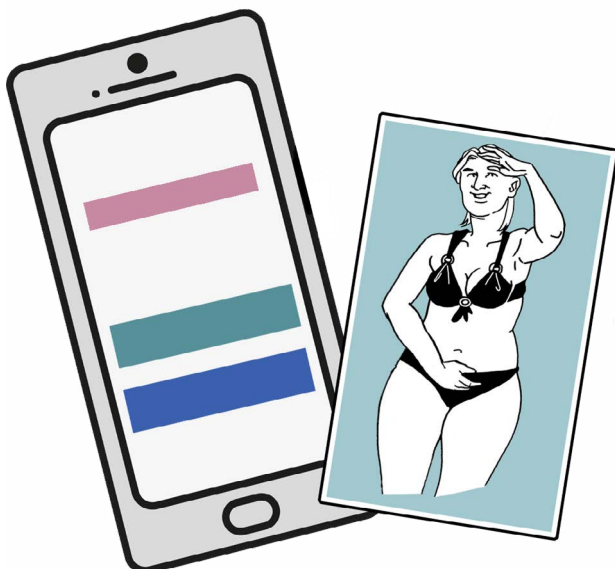
Grooming

Grooming is when someone builds a relationship with you so they can take advantage of you.



Mate Crime

Mate Crime is when someone pretends to be your friend so they can abuse you.



Sexting

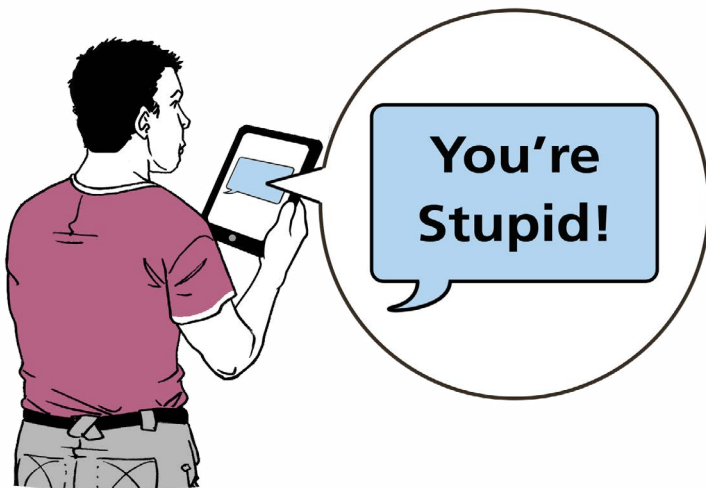
Sexting is sending sexual messages, photos or videos by mobile phone.

Wordbank



Cyberbullying

Cyberbullying is bullying behaviour that happens online or over electronic devices.



Trolling

Trolling is posting offensive or abusive messages on social media sites to anger someone.



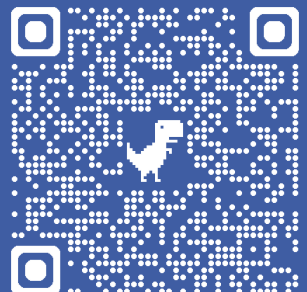
Stalking

Stalking is when someone follows what you are doing without you knowing.

Thank you to everyone who attended the focus groups and shared their experiences so this guide could be produced.



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