

ONLINE RELATIONSHIPS

MY FIRST PHONE

WHY ARE RELATIONSHIPS IMPORTANT?

Relationships heavily impact how we feel about ourselves and the world around us. It's important that we surround ourselves with people who can help us grow. If someone is making you feel uncomfortable, you don't have to speak to them. If you're not sure what to do, always speak to a trusted adult!



MAKING FRIENDS ONLINE

Not everyone online is who they say they are, try and only talk to people you already know when you're online. If someone is making you feel uncomfortable or unsafe, speak to a trusted adult straight away and block or report the person. If someone you only know online asks to meet up with you in person, tell a trusted adult.

RED FLAGS IN ONLINE RELATIONSHIPS

- Feeling pressured
- Asking for personal information
- Poor communication
- Manipulation
- Mean comments
- Spying on you
- Controlling behaviour
- Being secretive
- Spamming messages
- 'Love bombing'

GREEN FLAGS IN ONLINE RELATIONSHIPS

- Feeling comfortable
- Laughter
- Good communication
- Safety
- Mutual respect
- Freedom to yourself
- Feeling supported
- Honesty
- Trust
- Friendship

SENDING NUDES

You might feel pressure from friends or strangers to share naked pictures of yourself. If you are under 18, it is illegal to send or receive nude pictures. Pictures uploaded onto the internet can be very hard to remove and lots of people might see them. If someone sends you unwanted sexual images, tell a trusted adult!



WHO CAN I TALK TO?

If you are not sure about who you're speaking to online, speak to a trusted adult like your parents or teacher. It's always good to check if you have any doubts, you're not alone and sharing your thoughts can be very helpful. If you would like to talk to someone in private, head to [childline.org.uk](https://www.childline.org.uk) If you are in immediate danger call 999!

I'M A PARENT - WHAT SHOULD I DO?

If your child experiences harmful behaviour online, the first thing you should do is comfort them and make sure that they feel safe and supported. Take the blame away! Being online is a whole new world to some children and they may not know the full extent of their actions or how to cope with issues online, it's your responsibility to make sure they are educated on how to safely navigate interactions online. If you need to report a child exploitation, grooming or an online sexual abuse issue, head to [ceop.police.uk](https://www.ceop.police.uk).



HOW TO STAY SAFE ONLINE

There are some simple steps you can take to keep yourself and others safe online.

- 1) Keep your accounts private! Make sure to check that your albums and posts are only shared with your friends.
- 2) If someone approaches you online and you don't know who they are, block their account. Never meet up with strangers.
- 3) Do not share your current location online - it could make it easy for someone to find you in real life.
- 4) Most social media sites have different ways that you can report someone who is upsetting or pressuring you. Make sure you know how to do this on each of your social media accounts.
- 5) Don't be afraid or embarrassed to tell a trusted adult if you are feeling unsure about someone online.