



**Durham
Safeguarding Adults
Partnership**

Being safe using your phone and social media

**How we protect adults from abuse in County
Durham**

Easy read booklet

**ABUSE
THINK IT,
OR
SEE IT,
REPORT
IT**



What is in this booklet

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Our thank you

Some people helped us with our **empowerment** work. **Empowerment** means help to make your own decisions. They made the colourful posters on the front page. Some other people read this booklet while we wrote it. They helped us to make it better.

Thank you.

Being safe using your phone and social media

Welcome

Hello. Thank you for starting our **Being safe using your phone and social media** booklet.

You can read this booklet on your own or you might want someone to help you.

You can read the booklet all at once or you can stop and come back later. If you stop, you can put a circle round the page number where you stop.

Parts of the booklet are about things that might harm you using your phone or social media. Reading about harm could make you upset.



Even if you can read this booklet on your own, you might want to read with someone who can support you. You can talk about being safe on your phone and using social media.

After you have read the booklet we have 6 questions for you to answer. If you send the right answers to us, we will send a certificate to you. Ask us for the questions on email on safeguarding_training@durham.gov.uk

We will need your name and email or address to do this.

Welcome

There are 4 booklets



- **Stop Abuse Now**
- **Staying Safe**
- **What happens after abuse is reported**
- **Being safe using your phone and social media** (this booklet)

This booklet is about being safe using your phone, laptop, or tablet, social media, online games, and sending email.

The 4 booklets are all on our website on the training page. Tap on

[Training – Durham Safeguarding Adults](http://safeguardingdurhamadults.info)
 [\(safeguardingdurhamadults.info\)](http://safeguardingdurhamadults.info)



Setting up safely

It is good to use your phone or tablet, social media, games, and email safely and happily. This is being **online**. **Online** is when you use social media apps or play games on your phone, laptop, or tablet, send email, talk with friends, or look at websites and YouTube.

Being online can feel real but it is not real life.



Ask someone you trust to help you set up your phone, new apps, online games, and social media. They can help you do your **profile** and turn on **privacy settings**.



Your **profile** is information about you. **Privacy settings** are when you choose who can see your information and messages. Choose your phone's **GPS location** setting. **GPS location** says where your phone is, or where you took photos.

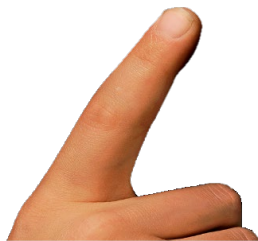


Make sure your profiles can only be seen by people you choose, not by everyone.

Setting up safely



Make sure you have a different **password** for each type of social media and email account. A **password** unlocks or opens your social media or your phone.



You might be able to use a finger or your eye to open social media, your phone or your tablet. If you can do this, always use the same finger or eye.

There are lots of **social media apps**. Examples of **social media apps** are

- Facebook
- Instagram
- Snapchat
- TikTok
- WhatsApp

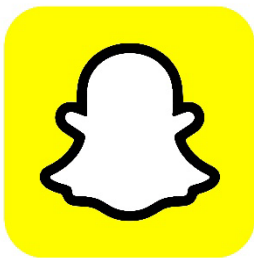
Apps can be great fun to use with your friends and family. You can share your photos on apps.

It is important to ask someone you trust to choose an app and help set your app privacy settings.

Setting up safely

Some apps can copy things like the phone numbers of your friends. Some apps could be used by another person to harm you or put you in danger.

For example an app like Snapchat could tell someone else where you are. They could follow you home.



In Snapchat set your privacy setting to **Ghost Mode**. **Ghost Mode** will hide where you go from other people on Snapchat.



Ask someone you trust to use these online safety guides about safety and privacy with you. Tap on

[Online Safety Guides – Social Media – Our Safety Centre](#)

Children must be 13 years old to use apps like TikTok or Snapchat. If you have younger brothers or sisters, do not let them see. Ask someone you trust if your brother or sister is old enough to use apps.

Using your phone and social media safely



Only let people you trust like your family or support worker add things to your phone.



Only message or add people you know in real life.



Be careful. Do not share personal information about you, where you live, what you like doing, or if you are going out.



Be careful. Using your phone and social media is great to keep in touch with friends. But some people on social media tell lies.



Be careful. Some people might try to trick you. They might pretend to be nice and say they are your friend. Ask someone you trust to help find out if a new person is trying to trick you.

Using your phone and social media safely



Sometimes people send bad or rude messages. If you do get bad or rude messages it is okay to **block** the person. **Block** means you stop their messages getting to you.



If you get bad or rude messages you can report the person. Ask someone you trust to report the person with you.



These online safety guides tell you how to report to apps like Facebook or TikTok. Tap on

[Online Safety Guides – Social Media – Our Safety Centre](#)



Be careful: never ever agree to meet anyone in real life on your own if you only know them online. **Take someone you trust with you.**

Online games and chatrooms



You might want to play **online games**. Examples of **online games** are Candy Crush, Vertex, Super Mario, Among Us, Minecraft, Roblox, or Fortnite.

Online games can be played on your phone, laptop, or tablet, or on an Xbox, Nintendo, or PlayStation.



Some games are fun. Some games are frightening. Ask someone you trust to help you choose online games.



Lots of online games have **chatrooms**. **Chatrooms** are online places where people talk and share stuff. Some people in chatrooms tell lies and pretend to be someone they are not. Ask someone you trust to look in chatrooms with you.



Game **headsets** go over your ears when you play. Then no one else can hear what is said to you. If someone upsets you in the headset, tell someone you trust.

If you are asked to buy something in the game, **stop, tell someone you trust.**

Websites and YouTube

Websites are online places. Websites can tell you about things.

Some websites can tell you about having fun. Some websites tell you about your human rights. Tap on <https://www.bihhr.org.uk/get-informed/what-rights-do-i-have>



YouTube has lots of films. You can look for things you like.

Some films on YouTube are about your rights and being safe. Some films are about pets and funny things.

But some websites and YouTube films can tell you wrong things or upset you. If you are upset by a website or by a film, tell someone you trust.



What happens when you share films and photos

Before you share films, photos, and stuff online, stop and think

In your privacy settings you chose who you want to see your films, photos, and stuff about you.

But if you put a film, photo, or stuff about you online or message it to a friend, the friend could share it with other people.

Then those people can share your film or photo with lots more people. You will not know who sees it. You will not be able to stop it.

Only share films, photos, and stuff about you that is okay for anyone to see.



If you have already shared a photo or film that is rude or sexual try not to worry. Tell someone you trust.

If you put messages, photos, or films on social media or your phone that are rude or **offend** people, people might be nasty back to you. **Offend** means to upset people. Try not to upset people. People might report you and get you into trouble.

Dating apps and dating websites

There are lots of **dating apps and dating websites**.

Dating apps and dating websites might help you find a girlfriend or a boyfriend.



If you want to use a dating app or dating website tell someone you trust. They will help you to find the right one for you.

Sometimes people go on dating apps and pretend to be someone they are not. They want to trick you.

If someone on a dating app or dating website asks to meet you in real life, tell someone you trust. **Do not meet the person on your own.**



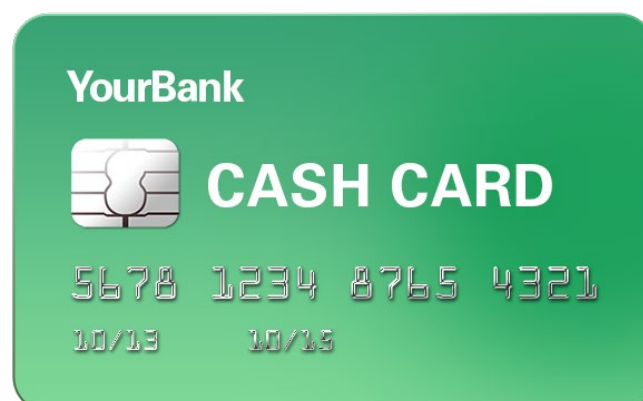
Abuse on your phone or social media

Some people online might want to harm you. A person might try to abuse you, take your money, or trick you.

Financial or material abuse

Financial or material abuse is about someone taking your money or your things off you. For example

- Someone on your phone tells you how to make money using an app. Then you find out they tricked you into buying fake money. This is a **scam**. **Scam** means people are tricked into giving their money to criminals.
- If you are asked for money or your cash card numbers by someone on your phone or social media, it might be a scam. Tell someone you trust.
- If you are asked for money or your cash card numbers by someone you meet online, tell someone you trust. **Block the person and do not talk to them.**



Abuse on your phone or social media

Sexual abuse

Sexual abuse can be doing rude or sexual things that you do not like or want. Sexual abuse can be on your phone or social media. For example

- You are made to watch sexual films you do not like
- You are asked to take off your clothes and photograph yourself, and send the photo to the person

Stalking

Stalking is when a person follows you online or in real life. The person might threaten you on the phone or social media. Stalking can make you frightened. The person stalking could be someone you know, or it could be a stranger.

You can read more about abuse in our booklet, Stop Abuse Now.



If you are abused tell someone you trust. They will help you report it and get help. It is not your fault.

Exploitation, sexual exploitation and grooming

Exploitation is someone making you do things for them that they want, and which harm you. At first you might not know you are being harmed.

When exploitation is about sexual activity it is called **sexual exploitation**.



Exploitation often starts with **grooming**.

Grooming is a person saying or doing things to make you like them and want to please them.

Grooming might be online, or it might be in real life.

For example a person who wants to exploit you could

- Say nice things and buy you presents to make you feel special
- Say they understand your problems and no one else does
- Ask you to carry a phone as they need to message you all the time
- Take you to parties and give you drink or drugs
- Tell you they love you
- Say do not tell anyone about our being friends

Exploitation, sexual exploitation and grooming

Then the person who wants to exploit you might ask you to do things to show you are their friend or you love them, like

- Have sex with them
- Let their friends live in your house
- Send photos of you with no clothes on

Then the person could ask you to do things like



- Carry a weapon in your bag
- Beg for money on the street
- Look after drugs or stolen things
- Steal things from shops
- Film you having sex
- Have sex with their friends

If what is happening does not feel right and you want to tell someone, the person exploiting you could

- Say you owe them money for the presents
- Threaten to hit you or **rape** you. **Rape** is when someone is forced to have sex when they do not want to, or they are not able to say yes
- Say they will put the film of you having sex on social media or show your family and friends

Being safe using your phone and social media

Exploitation, sexual exploitation and grooming



If you are abused, groomed, or exploited, tell someone you trust. They will help you report it and get help. It is not your fault.



Do not break the law

Some people put very rude films or photos online, on social media or websites, that break the law. Examples could be films or photos of

- people being abused, sexually exploited, or harmed
- adults having violent sex or being raped
- children with no clothes on

If you look for very rude films or photos, or put them on your phone, laptop, or tablet, or send them in a message or email, you are breaking the law as well.

If someone else sends very rude films or photos to your phone, tablet, or laptop, you could be breaking the law.

Tell someone you trust.



If someone asks you to take photos or films of children and send them in a message or email, you could be breaking the law. Tell someone you trust.

If you break the law the police might ask you about it. You could get into trouble.

If you have already sent very rude films or photos that break the law or someone has sent them to you, tell someone you trust. They can help sort it out.

Getting help

If you are abused, groomed, or exploited, tell someone you trust. They will help you report it and get help. It is not your fault.

Call **Durham County Council Social Care Direct** to report the abuse or exploitation.

Staff at Social Care Direct will listen to you carefully. Please do not worry, your details will be kept private.

Social Care Direct staff will talk with you, and act with you to stop the abuse and keep you safe.

Phone numbers

Call **Social Care Direct** if you are being abused or you know someone who is on **03000 26 79 79**

If you are in danger call **Durham Police** on **999** before calling Social Care Direct.

If it is not an emergency you can call **Durham Police non-emergency number 101**



Tap on [I-have-made-a-new-friend-online-F.pdf](https://anncrafttrust.org)
(anncrafttrust.org)

Tap on <https://durham-scp.org.uk/parents-carers/online-safety/>

https://www.cqc.org.uk/sites/default/files/20200226_as_c_sexual_safety_sexuality_easy_read.pdf

