

BE CYBER SMART

The internet is a great way to connect with your friends and learn new things but be careful by what you share online.

- Did you know 'sexting' can be considered a criminal offence?
- Creating or sending an indecent image of a person under 18 is a criminal offence
- If you post something publically, anyone can find it. Things you post online (including images) can be copied, saved or shared by other people.
- Never share personal information, like your address or phone number, with someone you don't know.
- Remember to keep passwords secret, even with friends. It's not funny when your online accounts get messed with.
- Personal insults, threats or discrimination online can get your into trouble with the law.



STAYING SAFE

- Don't flash your phone or cash around.
- Stick to well-lit and busy areas after dark.
- Try to walk with friends at night, not alone.
- Walk away from groups that might provoke you.
- Remember you're much more vulnerable if you're under the influence of alcohol or drugs.
- In an emergency always dial 999.

USEFUL CONTACTS



Suffolk Crimestoppers
Call anonymously with information about crime
0800 555111

FRANK
For friendly, confidential advice about drugs and legal highs
www.talktofrank.com

The Source
Information, advice and support for young people in Suffolk
www.thesource.me.uk

Think U Know
Free and confidential help or advice on any issues, big or small, for anyone under 19 years' old
www.thinkuknow.co.uk

Childline
0800 1111
www.childline.org.uk

Suffolk Police
Non-emergency number: 101
www.suffolk.police.uk

THINK

BEFORE

YOU ACT



