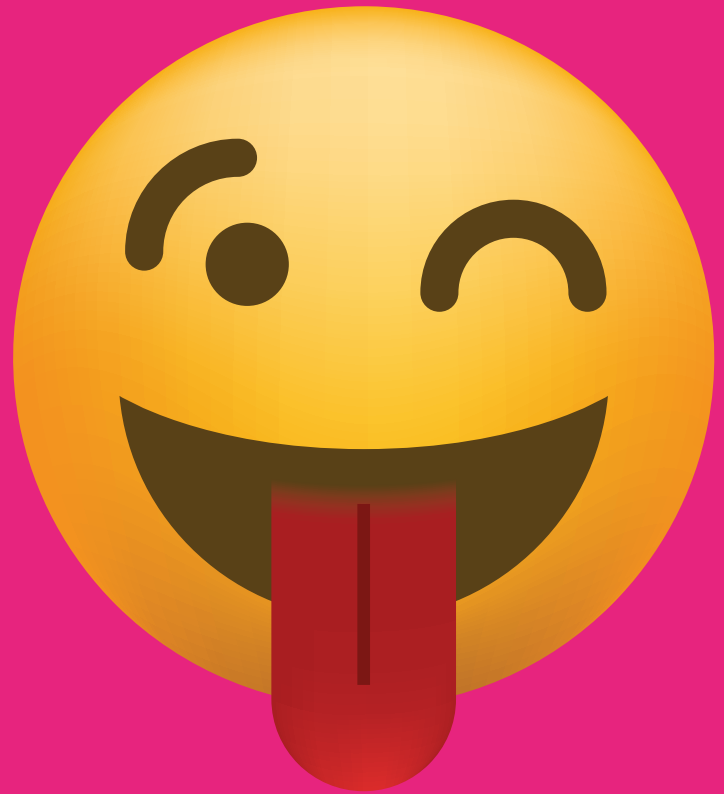


# THINK BEFORE YOU POST



## Here are some top tips to help;

- Keep your device secure –do not share log-in information or passwords and check your settings and who can view your content
- Don't share your personal details like your name, date of birth, age, address or school and think about posting content with school logos or door number in the photo
- Think about who you are sending requests to and receiving them from – do you know them in real life? Only add people you know in real life.
- Think before you post – once the content is in a public space it can be shared with anyone
- Think about who you are talking to – people can trick you into trusting them and sharing your information
- Fake accounts – You may be asked to meet up with someone who is pretending to be someone else. Don't arrange to meet anybody you've only spoken to online.

## If you need us

We have launched a new phone line and text message service for you to use. We hope you are feeling happy and safe at home, however if you're feeling unsafe or scared, then don't keep it to yourself. We're here to help you!

**Text on: 07480 635060**

**Call on: 0344 800 8029**

Norfolk Safeguarding Children Partnership (NSCP) is here to help keep children safe at home. The partnership includes Norfolk Constabulary, Norfolk County Council's Children's Services and Norfolk Children and Young People's Health Services.

## You can also find more support and advice at:

[norfolklscb.org](http://norfolklscb.org) | [norfolk.police.uk](http://norfolk.police.uk) | [parentsprotect.co.uk](http://parentsprotect.co.uk) | [thinkuknow.co.uk](http://thinkuknow.co.uk) |