



**STAY  
SAFE**



**SCOUTS**



# STAY SAFE... ON YOUR PHONE

What do you use your phone for? Texting, taking photos for Instagram, using Snapchat, playing games or tweeting – all of them?

You may even use your phone at Scouts. Here are a few things that you can do to keep yourself and your phone safe.

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- Think before you send pictures or messages to other people. Once you send something or post it online you can't always get it back.
  - Treat your password like your toothbrush. You wouldn't share your toothbrush with others, so make sure that you keep your password safe.
  - Look out for costs. Downloading, uploading, playing and sharing your information might have hidden costs. Some apps can even send messages for you so check out the settings and terms.
  - Think about when and where you use your phone. Don't use it when crossing the road, cycling or doing activities.
  - Keep it safe. Think about when you are off guard and your phone could be stolen.
  - Keep yourself safe. Don't give your number to people you don't know. Report unwanted messages or calls. Know how to leave groups and block people on messaging apps.

# STAY SAFE

The internet is amazing. But it's important to keep safe, while having fun.

Your computer, tablet and phone have loads of information about you so you need to keep them secure. Use strong passwords and usernames that don't reveal personal information.

Don't be fooled into thinking that you know the people you meet online. Be careful what you say and post, especially on a webcam.



# ...ONLINE?

## FIVE TOP TIPS FOR SAFER SOCIAL NETWORKING:

-  Know who your friends are.
-  Share with care.
-  Use privacy settings.
-  Know how to report.
-  Know how to get help.

## TO FIND OUT MORE ABOUT STAYING SAFE ONLINE:

[thinkuknow.co.uk/11\\_13](http://thinkuknow.co.uk/11_13)



# **STAY SAFE... FROM BULLYING**

In Scouts, we respect and look out for each other - that means bullying should be rare. Bullying can also take place at home or at school, or even through the internet and phones. You might have a friend that is being bullied. Bullying is never OK and it is never the fault of the person being bullied.

## WHAT IS BULLYING?

- 1. Being called names.
- 2. Being teased.
- 3. Having money, phones or other possessions taken.
- 4. Being hit, pushed, pulled, pinched or kicked.
- 5. Receiving abusive or threatening text messages or emails.
- 6. Being ignored or left out.
- 7. Being attacked or abused because of religion, gender, sexuality, disability or appearance.

## SPEAK OUT

There are different ways to cope with bullying, but the important first step is to tell someone. You might not feel ready to talk to an adult, but you could speak to a friend.

Or you could talk to someone at **Childline.org** who will help you to decide what you want to do.

## WHAT TO DO IF YOU'RE BEING BULLIED ONLINE:

1. Tell an adult you trust.
2. Talk to someone your age (a friend or a mentor).
3. Block the bullies.
4. Keep the evidence.
5. Report mean videos, pictures, comments or pages to the website you found them on.









# **STAY SAFE... WHEN YOU'RE GOING OUT**

You may have started going out with your friends without any adults. You probably also go out with your Patrol.

Parents often want to keep in touch with you. But who wants a call from their mum or dad when they're out? So why not stay in touch by text or WhatsApp? You won't receive an embarrassing phone call and your parents will know you're OK!

## TOP TIPS:

-  If possible, travel with a friend – a group of you would be even better.
-  Stay alert – keep an eye on everything that is happening around you. If you listen to music, make sure you can still hear what is going on.
-  Trust your instincts – if you have a ‘funny feeling’ about someone or something, don’t ignore it, act on it straight away. If you are meeting someone you don’t know, take a friend with you and make sure you tell your parents where you’re going and who you’re meeting.
-  Take the route you know best and stick to well-lit, busy streets. Avoid danger spots like subways or badly lit areas.
-  Think about your route home. Where would be a safeplace to go if something went wrong?
-  Have your keys ready so you can get into your home quickly.



photo

HOME









3,150 likes



# SELFIE

Today everyone is obsessed with the selfie. There's nothing wrong with taking a selfie but sometimes you might feel under pressure to make pictures more revealing, especially if you are sending them to someone you are in a relationship with.

## BEFORE YOU PRESS 'SEND' THINK ABOUT:

-  Once it's gone, it's gone. You can't take it back.
-  Are you sure that they will keep your picture private? What if you fall out or break up?
-  Why am I sending it? Is it because I feel pressured?
-  Would I do it face-to-face?
-  Would I be happy for my parents to see it?
-  For more advice, download Childline's free ZIPIT app.

# HELP AND ADVICE

Are you worried about something that is happening to you or someone else?

Sometimes we all need help, even if we don't want to admit it. If you have a problem or you're worried about something or someone, there are loads of places you can seek help and advice.

## USEFUL WEBSITES AND NUMBERS

Childline:

[Childline.org.uk/talk](http://Childline.org.uk/talk)  
0800 1111

BullyingUK:

[bullying.co.uk](http://bullying.co.uk)  
0808 800 2222

ThinkUKnow:

[thinkuknow.co.uk](http://thinkuknow.co.uk)

The Site/The Mix:

[thesite.org](http://thesite.org)



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