

SchoolBeat Survival Guide

...the
teenage
years

Personal Safety



SchoolBeat.cymru



Personal Safety in your Teens



Introduction

You have the right to be safe and happy no matter what your age. You have the right to be safe at home, outside or on the street. You have a right to rest and leisure and to participate in cultural life and the arts.

We are responsible for our own personal safety, so the decisions we make every day are really important.

Thinking about the possible consequences to the choices we make or the actions we take is helpful when considering your personal safety **so that you can enjoy being out and about.**



Ask yourself when you go out in the evening -

Does my parent or carer know where I am going? ✓ or ✗

Does my parent or carer know who I am going with and what time I am expected home? ✓ or ✗

Have I got my mobile with me? ✓ or ✗

Have I remembered to leave my valuables at home? ✓ or ✗

Am I carrying more money than I need? ✓ or ✗

Is the route I am taking well-lit and not lonely or isolated? ✓ or ✗

Am I walking on the side of the road facing the oncoming traffic? ✓ or ✗



Thinking ahead means you are planning your personal safety. This is always better than having to think on the spot, when a risk turns into danger.

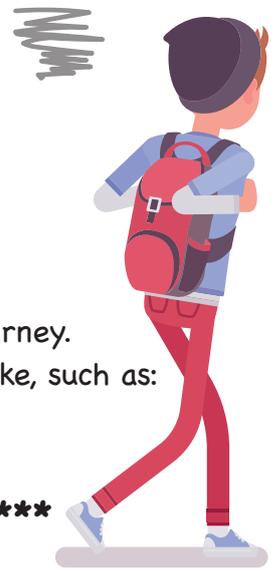
Trust your instincts when you sense danger. If you have a funny feeling about someone or something – don't ignore it!

Act on it straight away. Get yourself into a safe place. Tell a trusted adult. Report your worries to the Police.

Your voice is one of the best forms of defence. Don't be embarrassed to make as much noise as possible to attract attention. Yell at the top of your voice, giving a specific instruction such as 'Phone the Police!' if you feel threatened or are in danger.

Never be afraid to call the Police on 999 if you feel a crime has been, or is about, to be committed.

Staying safe when making a journey



The following is a list of suggestions to be considered when going on any journey. Read through them and tick the ones that are relevant to journeys you might take, such as:

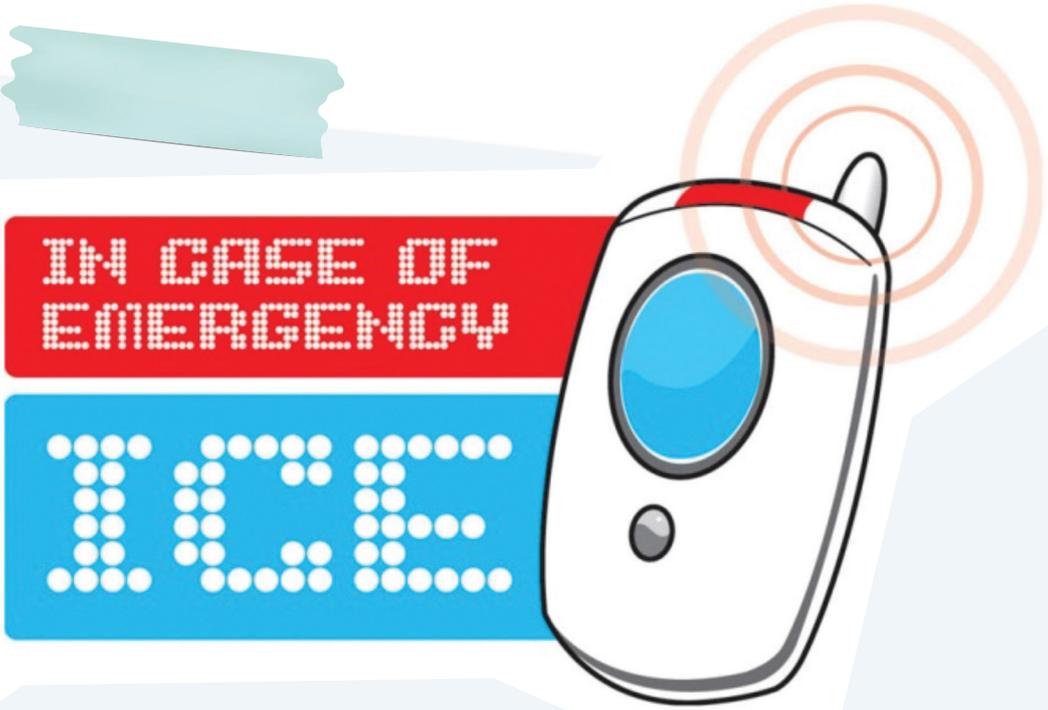
1. Going into town during the day
2. A night out with your friends or mates

Highlight the 3 most important safety tips in each case with an ***

Best Practice Tips



| | 1. Going into town | 2. A night out |
|--|--------------------|----------------|
| 1. If someone threatens you shout for help, and/or use your personal alarm. | | |
| 2. Hide expensive items when in public places. | | |
| 3. Be alert and confident. | | |
| 4. Try to walk in the centre of the pavement. | | |
| 5. Always keep away from dark alleyways and buildings. | | |
| 6. If a vehicle pulls up next to you, keep away and walk in the opposite direction. | | |
| 7. If you suspect you are being followed call a member of your family, a friend or the police. | | |
| 8. If you feel worried cross the road, head for an area where there are lots of people, an open shop or any public place. | | |
| 9. When carrying something valuable be prepared to let go and do not resist if someone attempts to rob you, but do shout for help. | | |
| 10. Do not give your personal details to strangers. | | |
| 11. If you listen to music using earphones, remember they will stop you hearing possible dangers. | | |
| 12. If possible wait at a bus stop in a well-lit area. When using buses or trains at night, get somebody to meet you. | | |
| 13. Use a registered taxi company known to you. | | |
| 14. It's important to ask the taxi driver - the name of the person he is expecting to collect you. | | |
| 15. Never accept a lift from an unlicensed mini-cab or stranger. | | |
| 16. When using any form of public transport sit near the driver. | | |
| 17. Always plan your journey/route, avoiding short-cuts through unlit or secluded areas. | | |
| 18. Try to vary the route of any walk that you use regularly. | | |
| 19. When using any form of public transport, try to sit where there are many people. | | |
| 20. Keep keys in your pocket where they are safe. | | |



**IN CASE OF
EMERGENCY**

ICE

In case of an Emergency

Make a note of the following

1. Who is your ICE (In Case of Emergency) contact?

2. What is your ICE contact number?

Enter your ICE contact person into your mobile phone.

This will help Emergency Services contact an appropriate person for you should it ever be needed.

For up to date information on how to allocate the number on your particular phone model, search for 'allocating an ICE number on my phone' and click the information for your handset. Helpful video clips will show you how easily this can be set up.



WHAT DANGER?



Read about the following situations where danger is imminent.

Think about the following:

1. Who is in danger?
2. What are the dangers or risks?
3. What could they have done differently to lower the risk to their personal safety?

Afterwards, consider your three top tips for keeping safe at all times.

Sam and Catrin's party

Sam was really excited. Her best friend, Catrin was having a party at her house because her parents were going away for the night. Sam's mum always fell for the, 'We are going to work on our projects together!' excuse. So no problem!

Later that night...

"What's wrong? Get up!" screamed Sam. Catrin lay on the floor in the bathroom. She had been sick all down her new top. Sam knew it was serious because Catrin just wouldn't wake up and answer her.

Who is in danger?

What are the risks?

What could they have done differently to lower the risk to their personal safety?

Home alone

"We'll be back at about 10.30," said mum as she and dad left to go to the cinema. Great, I thought, I can do what I like for a few hours. I've got the house to myself! About ten minutes later the doorbell rang. The man said that my dad had arranged for him to come and fix the plumbing in the bathroom upstairs. I said dad was out but he said it was ok - he'd make a start.

Who is in danger?

What are the risks?

What could they have done differently to lower the risk to their personal safety?

Lighting fires

Ahmed, Tom and Sophia were great pals. They always hung around together. After school they met in an old garage at the back of some terraced houses. Tom said he was going to bring some stuff to light a fire and keep warm. There were lots of bits of wood and rubbish lying around.



Who is in danger?

What are the risks?

What could they have done differently to lower the risk to their personal safety?

Getting home

Kirsty and her friends were enjoying themselves. They had managed to get past the bouncers in the club without any bother!

Kirsty was dancing with this gorgeous boy called Dean and didn't notice that her friends had left to go home.

Dean said that he would get his mate Owain to take her home. He'd passed his driving test yesterday and was out celebrating!



Who is in danger?

What are the risks?

What could they have done differently to lower the risk to their personal safety?

An evening out

It had all gone wrong! Becky sat on the edge of the curb and looked frantically for her phone.

She and Josh had been going out for five months and now she had just seen him with Carys! She was really upset.

She'd only had one WKD that Mark had bought her but she felt really ill. She was sure she was going to faint.... Mark was really nice.

He said he would look after her.



Who is in danger?

What are the risks?

What could they have done differently to lower the risk to their personal safety?

* My three top tips for keeping safe at all times. 😊 *

1.

2.

3.

High Risk / Low Risk Areas in My Community



Draw an aerial view of your community. Mark the areas which have a potential high risk for danger and others that pose a low risk with a capital letter, to match the descriptions from the key below:

| | |
|--|---|
| A. Picnic seats opposite houses in well-lit street | E. Unlit area behind factory |
| B. Skate board park open all hours | F. Remote woodlands near an unlit canal path |
| C. Community centre or Youth centre | G. Benches near a chip shop |
| D. Abandoned and vandalised factory building | H. Open grassed area of park Remote unlit area of park |



Colour the letter squares red if it's a possible risky area and green if safer. Does this change anything about how you thought about the places as high or low risk areas to hang out in? Now plan a safer route to your usual 'hang out' places'.

Compliments?

Good Job!

You Rock

1. Do you use Instant Messaging Services?
2. What social media Channels do you use the most?
3. Do you have online friends that you do not know in real life?

When might someone compliment us?

It might be when we do something good, when we do well, make an effort, etc.

Think of reasons why someone would flatter or compliment you -

- To make you feel good
- Because they like you
- Because they want to be your friend
- They want something from you
- They may want you to do a favour for them

Well done

Thumbs up

You're great

Is there a difference between compliments and flattery?

The main difference will be the motive behind the comments. A compliment offers genuine appreciation for a quality or action seen in another person, whilst flattery often has another agenda, e.g. to manipulate another person for some reason or for personal gain.

Complimenting a friend or family member

x x x

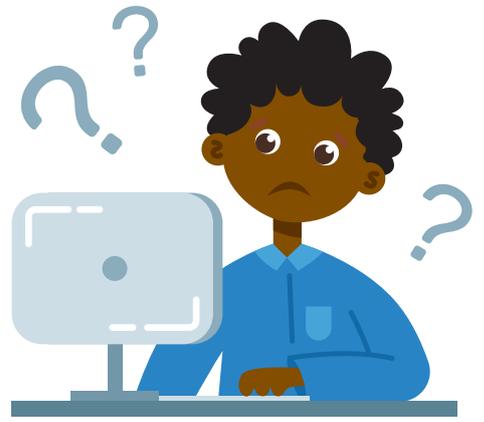
Give a member of your family or a good friend a few compliments.

How did they feel?

How did it make you feel? Did it make you feel good as well as them?

At what point might they ask, 'What do you want?'

How safe are you online?



Take 5 minutes to complete our Online Safety Questionnaire. Check your answers against the upside down list at the bottom of the next page. Your score will be out of out of 15.

1. What information is it possible to get from someone's real name posted online?

- Their address
- Their mobile number
- Their age
- All of these

2. How long does it take before it is safe to meet an online friend in person?

- 2 days
- Never
- A week
- Up to a year

3. If someone you have met online wants to meet with you, which of the following should you do?

- Take an adult with you if you want to meet them
- If you are 16 years of age or older, then it's OK to meet
- Go provided you have told someone where you are going
- Trust them because you have their email address

4. If you receive a spam email or an email with an attachment from someone you don't know, what should you do?

- Delete it
- Open it
- Forward it
- Save it



5. From the following, what do you think can be used to keep your personal details safe online?

- Privacy settings
- A firewall
- Spam controller
- Anti-Virus

6. When you are on your computer, which of these can be used to see you?

- Bluetooth
- Microphone
- Webcam
- Touchscreen

7. If your cyber friend asked you to model in your swimwear on a webcam, what would you do?

- Do it because everyone sees you in your swimwear when you're on the beach
- Ignore them
- Don't do it and tell an adult
- Ask them to do it first

8. What should you do if someone online upsets you?

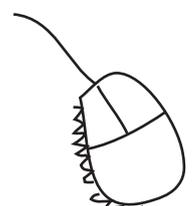
- Tell them to leave you alone
- Block them
- E-mail them a photo to show you are really a nice person
- Insult them back

9. If someone sends you an inappropriate message or material, what should you do?

- Not reply to the message and tell your parents, so they can notify your online provider
- Keep it a secret
- Reply to the message and ask the sender to stop sending you messages
- Share the message with your address book

10. Which of these is a risk to your computer?

- Videos
- Screensaver
- Viruses
- Firewall



11. Which of these do you think is cyber bullying?

- Sharing picture messages
- Sending email messages
- Sending insulting texts
- Downloading and sharing music



12. Which of the statements below would help reduce the risk of online bullying?

- Using moderated chatrooms
- Telling a parent / guardian you are being bullied
- Only giving your email address to trusted friends
- Blocking unknown email addresses
- All of these statements

13. If someone you met online asks you to keep a secret from your parents, what should you do?

- Tell all of your friends, because it's hard to keep a secret
- Worry about it, but keep the secret anyway
- Tell your parents, because no one should ever ask you to keep secrets from your parents
- Keep the secret willingly, because they are your 'cyber friend'



How did you do?

Scores between 1-5

You might need to consider some of your safety settings and online behaviour, in future. Check your privacy settings and discuss any online concerns with your parent or carer. Remember, if you are unsure about anything, talk to a trusted adult or visit the CEOP website on www.Thinkyouknow.com

Remember, a person who you may have only met online might not be who they seem.

Scores between 5-10

Your safety procedures are good and mostly in place. Always check your privacy settings and discuss any issues you are concerned about with your parents or carer. Remember, if you are unsure about anything, talk to a trusted adult or visit the CEOP website on www.Thinkyouknow.com

Scores between 10-15

Well done! Your safety practices are to be commended! Continue with what you are doing. Always check your privacy settings and discuss any online concerns with a trusted adult. Remember, if you are unsure about anything, talk to a trusted adult or visit the CEOP website on www.Thinkyouknow.com

14. Which of these emails is unsafe to open?

- From a friend who lives in Canada
- From a friend you know from school
- Spam email
- From a member of your family

15. Can you tell the age of an online friend you have never met?

- No you can't
- Yes, if you ask them to send a photo
- Yes, if you ask them
- Yes, if you check their privacy settings

- 1. All of these
- 2. Never
- 3. Take an adult with you if you want to meet them
- 4. Delete it
- 5. Privacy settings
- 6. Webcam
- 7. Don't do it and tell and adult
- 8. Block them
- 9. Not reply to the message and tell your parents, so they can notify your online provider (also make sure you report it to CEOP www.thinkyouknow.com)
- 10. Viruses
- 11. Sending insulting texts
- 12. All of these statements
- 13. Tell your parents, because no one should ever ask you to keep secrets from your parents
- 14. Spam email
- 15. No you can't

When things are not quite what they seem... Jellybean and Surferboi



Jellybean and Surferboi met through a social media platform. Surferboi sent Jellybean a direct message.

Here is the **Instant Messenger Transcript** between Jellybean and Surferboi over a relatively short period of time.

Read and highlight...

Using a coloured pencil or pen with the corresponding 'focus colour' of yellow, pink, blue, green or red, identify and underline in the allocated colour, any occasions where you find examples of the following:

| | | |
|------------------------------------|---|--|
| Small Talk (pink) |  | Use of small-talk or banter to build a social bond. |
| Compliments (red) |  | Praise and compliments about the target's appearance, ability, skills, personality and possessions. |
| Activities (yellow) |  | Exchange of information about interests, likes, dislikes, hobbies. Offline and online behaviour. Sexual and non-sexual behaviour in the past, present, future or planned behaviour/activities. |
| Relationships (green) |  | Discussion about feelings, whilst probing for information about the personal relationships of the targeted person with the significant people in their life, e.g. family/boyfriend/girlfriend/friends. |
| Exchange of personal (blue) |  | Exchange of personal information, e.g. area location, school attended, home address, age, real name, telephone number/s, pictures, videos, GPS position. |

Surferboi: Saw your profile pic - nice!
Jellibeau: thanx do I know u?
Surferboi: I know Matt...saw you on his friends list
Jellibeau: kwl
Surferboi: what are we both doing indoors?
Jellibeau: bored
Surferboi: no friends?
Jellibeau: just moved here
Surferboi: where's here?
Jellibeau: Swansea
Surferboi: where from?
Jellibeau: London
Surferboi: big change
Jellibeau: I already miss it

Surferboi: Do you like the sea?

Jellibeau: can't swim

Surferboi: I cud teach u

Jellibeau: I'd be useless

Surferboi: Don't be silly, you'd be awesome, surf's good in Caswell

Jellibeau: that's not far from me

Surferboi: I live in the city - would love to live nearer the sea

Jellibeau: I hate the sand - love the city - my name's Amy by the way

Surferboi: I'm Sam. How old are u?

Jellibeau: 13. How about u?

Surferboi: NO WAY - you look much older in your pictures. Love the one of you with your brother...hope he's your brother anyway!

Jellibeau: What do u mean?

Surferboi: BF

Jellibeau: no BF - must be my brother

Surferboi: do u get on?

Jellibeau: no he's annoying - my whole family is!

Surferboi: does he go to the same school as u?

Jellibeau: yeah he does

Surferboi: Which school?

Jellibeau: Bishopston

Surferboi: Kwl. My brother is in the year above me and it sucks

Jellibeau: Why?

Surferboi: He is a bit of a swot and I'm a bad boy. You'd be way too good for me - outta my league!

Jellibeau: Shut up!!

Surferboi: Ur gorgeous...and...can't believe there's another human being alive who likes Rocky Road as much as me!!

Jellibeau: Ha ha...most people don't read my profile - I'm impressed!

Suferboi: I did - Rocky Road rules!

Jellibeau: Love it with ice-cream - lush in this boiling hot weather

Surferboi: You getting a tan? Send a pic

Jellibeau: ...You got it yet?

Suferboi: Got it - ur hot!

Jellibeau: Hate my legs

Surferboi: No way - ur smoking hot - wow you would look great in a bikini

Jellibeau: I can't swim remember

Surferboi: Yeah what about those lessons - I'm only 30 mins away - we could meet?

Jellibeau: Not sure

Surferboi: oh .. thought we were getting on really well - am I wasting my time?

Jellibeau: No ur not ...I just...



From his online communication with Jellibean, what has Suferboi found out about her?

Possible answers:

- He gets her attention
- Finds out her age
- Finds out why she's on social media (she's bored)
- That she has no friends because she has moved
- Where she lives
- Where she has moved from
- That she can't swim
- That they may have a mutual friend
- That she is homesick
- That she lives near Oxwich Bay
- That her name is Amy
- That she's 13
- That she has no boyfriend
- She has a brother who annoys her
- That she and her brother go to Bishopston School
- That she likes Rocky Road cakes
- Gets her to send him a picture of herself showing a possible tan line
- Persuades her to consider meeting up with him.

In reality, who is Suferboi?

**This is
Suferboi
in the real
world...**



What do you think Jellibean should do next?

REMEMBER!

Unless you know someone in the real, offline world, you may never be sure who someone really is online.

TOP TIPS!

- Block
- Use the Report Abuse CEOP button
- Save the conversations
- Talk to a trusted adult.

* How do you know a person that you only know online is who they say they are?

To check - you may be able to do the following:

1. **Check** with the mutual friend if they really know this person or not.
2. **Ask** the person to **talk** with them **Face to Face** through Skype or FaceTime. Someone who is not genuine may decline to reveal his or her identity through Skype- using a plausible excuse, e.g. My camera has broken on my laptop/my phone doesn't have the FaceTime app and so on. If you are going to do this, always tell an adult you trust.

Finish the sentence...

1. If someone I am talking to makes me feel uncomfortable I should

2. If someone sends me an inappropriate picture or message I should

3. If someone I only know online asks me to meet up I should

4. If someone says something inappropriate when I are gaming I should

5. If someone claims to be a friend of a friend and wants me to accept their friendship request I should

6. If someone I only know online wants to Skype call with me, I should



Acceptable Online behaviour

How we treat people online is important.

What is acceptable behaviour online? What is unacceptable? Have a think about the following statements and decide what you think is acceptable or unacceptable:

| | ACCEPTABLE | UNACCEPTABLE |
|---|------------|--------------|
| Someone including you in a group chat | | |
| Someone sending you a funny picture for a joke | | |
| Someone asking you to do something that makes you feel uncomfortable | | |
| Someone asking you to send a naked selfie | | |
| Someone sticking up for you | | |
| Someone posting something silly on social media from your account, when you left your phone unlocked | | |
| Someone asking you to keep a bad secret | | |
| Someone sending you a happy birthday message online | | |
| Someone asking to copy your homework | | |
| Someone taking a selfie with you | | |
| Someone leaving an emoji on your Instagram | | |
| Someone posting an embarrassing photo of you online | | |
| Someone telling a joke at your expense | | |
| Someone stealing your idea for an assignment | | |
| Someone planning a surprise for you | | |
| Someone borrowing money from you that they won't pay back | | |
| Someone borrowing your phone and using all your credit | | |
| Someone lending you their phone to call your mum | | |
| Someone pretending to be your friend so they can use you for some reason | | |
| Someone letting you take the blame for something you didn't do | | |
| Someone threatening to reveal a secret about you on Instagram, if you don't give them something they want | | |
| Someone liking your online profile | | |
| Someone Skyping you to help you with homework | | |
| Someone asking for permission to post a picture of you online | | |
| Someone asking you to keep a good secret | | |

Remember!

Serious issues of unacceptable online behaviour include the following:

- Someone asking you to do something that makes you feel uncomfortable
- Someone asking you to keep a bad secret
- Someone pretending to be your friend so they can use you for some reason.
- Someone posting an embarrassing photo of you online
- Someone threatening to reveal a secret about you, if you don't give them something
- Someone asking you to send a nude or naked selfie

 Always tell a trusted adult if you have any concerns!

Sexting



Sexting is posting online or sending sexual messages or naked or semi-naked photos or video clips via any digital device.

Making and sending indecent images via any type of digital device is an offence. Sexting has serious consequences both socially and in law.

Complete the multiple choice questionnaire below by circling your answer.

| | | | |
|--|------|-----|-----|
| 1. How many young people use the Internet? | 100% | 87% | 98% |
| 2. How many young people under 13 have a Facebook profile? | 32% | 50% | 10% |
| 3. How many young people have experienced something upsetting on social networking sites? | 70% | 46% | 28% |
| 4. How many hours a week do 12–15 year olds use the Internet for? | 17h | 8h | 26h |
| 5. How many young people said they had been asked for a sexual image or video of themselves? | 60% | 25% | 14% |
| 6. How many young people know the person who sent them an indecent image? | 85% | 60% | 22% |
| 7. How many young people have sent an indecent image or video of themselves to someone else? | 5% | 25% | 40% |
| 8. How many young people said they have created an indecent image of themselves? | 20% | 30% | 40% |

Check your answers on the last page. The statistics have been published by the NSPCC, ChildLine and Beat Bullying about sexting in the UK.

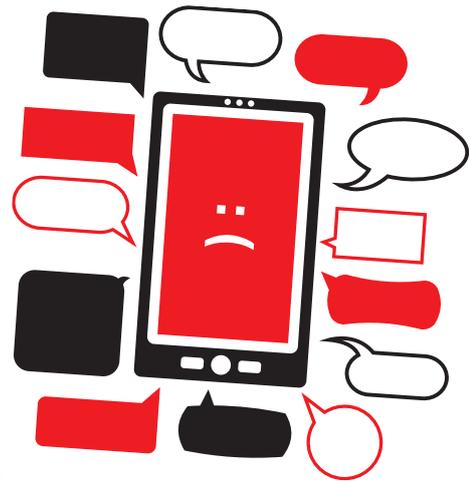
Which result surprises you the most?

Think about question 3 in particular.

What kinds of upsetting things have you experienced online?

Have you experienced any of the following? Tick the ones you have.

- aggressive and violent language
- profanity and swearing
- bullying
- pressure to look a certain way
- stalking
- trolling
- indecent images
- pornography
- sexual messages.



Indecent images

60% of young people have been asked for an indecent image.

What do you think is meant by an indecent image?

ALWAYS REMEMBER!



There is a difference between taking and sending fun **selfies** and **sexting**.



The Law says:

It is a crime to take, make, permit to take, distribute, show, possess, possess with intent to distribute or to advertise indecent photographs or pseudo-photographs of any person below the age of 18.

ANSWERS TO QUIZ



- 1. How many young people use the Internet? **98%**
- 2. How many young people under 13 have a Facebook profile? **50%**
- 3. How many young people have experienced something upsetting on social networking sites? **28%**
- 4. How many hours a week do 12-15 year olds use the Internet for? **17%**
- 5. How many young people said they had been asked for a sexual image or video of themselves? **60%**
- 6. How many young people know the person who sent them an indecent image? **85%**
- 7. How many young people have sent an indecent image or video of themselves to someone else? **25%**
- 8. How many young people said they have created an indecent image of themselves? **40%**

For more information and advice, contact:



childline.org.uk



meiccymru.org



dan247.org.uk

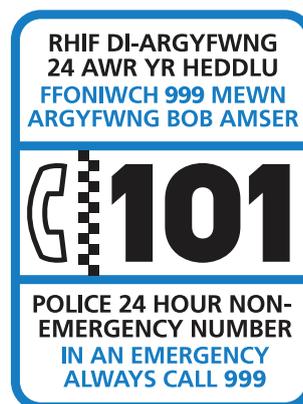
Credwch
mewn plant
Believe in
children



Barnardo's
Cymru

barnardos.org.uk

In an
emergency
call
999



To report a crime
anonymously



The End

