Important messages from your Safeguarding team

6 TOP TIPS FOR STAYING SAFE ONLINE

1. Create a separate password for your email
2. Create a strong password using three random words
3. Save your passwords in your browser
4. Turn on two-factor authentication
5. Update your devices
6. Turn on backup

Further information on these tips can be found here: https://www.ncsc.gov.uk/cyberaware/home

Risks a young person could be exposed to online:

❖ **Child sexual abuse**
  ➢ If you are concerned call 999 or report it to the National Crime Agency-CEOP
  ➢ You can contact the NSPCC helpline (0808 800 5000) for support and advice if you have concerns of your own or if you see sexual images or videos of someone under 18 online, report it anonymously to the Internet Watch Foundation who can work to remove them from the web and help to identify victims and survivors
  ➢ You can contact Stop It Now! for information and advice if you have concerns about someone's behaviour, including children who may be displaying concerning sexual behaviour
❖ **Exposure to radicalising content**
  ➢ More information about what to report and what happens when you make a report can be found on the Action Counters Terrorism campaign
  ➢ Alternatively report to 101
❖ **Youth-produced sexual imagery ('sexting')**
  ➢ NSPCC provides advice to help you understand the risks
❖ **Cyberbullying**
  ➢ More information can be found https://www.gov.uk/government/publications/preventing-and-tackling-bullying
  ➢ Report to 101
❖ **Exposure to harmful content, such as suicide content**
  ➢ If you are worried that someone you know is suicidal, including your child, Samaritans provides advice on how you can support others
  ➢ Advice and support from Childline (0800 1111) or download the 'For Me' app

If you are concerned about someone or need help tell the police via www.gloucestershire.police.uk, by calling 101, or in an emergency by calling 999

We are also here to support you - you can contact the college's safeguarding team by emailing safeguarding@gloscol.ac.uk - monitored Monday to Friday from 08:30-17:00

Helpful links:

https://www.nspcc.org.uk/what-you-can-do/get-advice-and-support/

https://www.ceop.police.uk/Safety-Centre/How-can-CEOP-help-me-YP/

https://www.childline.org.uk/

https://www.getsafeonline.org/

https://report.iwf.org.uk/en/