Stay smarter than technology. Stay safe.

The internet has many benefits, it helps people to be informed, occupied and connected to others. But remember, if you spend more time online, you are at more risk of harm.

We recommend you pay attention to these considerations:

Video calls connect you to family, friends and remote learning.
Be sure that:

- it is a safe and secure platform
- everyone has their camera on
- you are appropriately presented in appearance and location
- it is not being recorded without your permission
- sharing screens does not expose private or inappropriate information

Recognise, reject and report harmful content featuring

EXTREMISM   **VIOLENCE**   **BULLYING**   **RADICALISATION**

CRIME   **FAKE NEWS**   **HATRED**   **DISCRIMINATION**

Criminals have found new ways to scam through phishing emails and calls, these appear genuine so remember to **check the sender is verified** and that you aren't being targeted for private information

Take regular breaks from long periods of screen time to maintain your well-being

When sending content or streaming music and video, **know the law and respect it**

Your accounts can be further protected by using **two-step verification**

Remember that private messages **do not always remain private**

Know who you are talking to at all times

Excessive online gaming and purchasing of loot boxes may lead to **addictive behaviours and well-being problems** such as financial, mental and physical

Social media musts:

- fully understand the platform you are registering with
- be able to trust and set the security of your personal information
- choose your followers and friends carefully
- think about your online presence and reputation
- protect your digital footprint and check what could be shared publicly by anyone
- avoid comparing yourself to others to protect your self-esteem

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Where to find help and report concerns:

- **Family**
- **Football Club's Designated** Safeguarding Officer
- **CEOP** (www.ceop.police.uk)
- **Report Harmful Content** (www.reportharmfulcontent.com)
- **PFA Well-Being Helpline** (wellbeing@thepfa.co.uk and 07500 000 777)