



GUIDANCE NOTES NO:

**6.3**

# STAYING SAFE IN THE DIGITAL WORLD

**FOR TEENAGERS**

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**FOR ALL**

# STAYING SAFE IN THE DIGITAL WORLD

*We all benefit from the digital world – when used appropriately. We create our own digital footprint every time we post comments, photos and videos – so be sure before you post. If you wouldn't say or do something face-to-face – then don't do it online.*

## THE QUICK DO's & DON'T's:

### DO:

- Use the privacy settings available on most social media sites. Facebook has different 'set up' guidelines for U18s to help to keep you safe – use them;
- Ensure you and your parents/carers know who from your club should be contacting you and how they should be doing this.

### DON'T:

- Post, host, text or email things that are hurtful, insulting, offensive, abusive, threatening, or racist. This goes against football rules and could also be against the law;
- Give out personal details including mobile numbers, email addresses or social networking account access to people you don't know well offline;
- Invite your coach, manager, club officials, adult referees or mentors to become your friends online even if you get on really well with them. They have been asked not to accept such invitations;
- Say or do something online if you wouldn't do it face-to-face.

## THE ADVICE IF YOU'RE WORRIED OR FEELING UNCOMFORTABLE:

- Tell an adult you trust about any communications that make you feel uncomfortable or that ask you not to tell your parent/carer;
- Talk to your club's Welfare Officer if you are unhappy about anything sent to you or said about you over the internet, social networking sites, text messages or via email;
- Tell an adult you trust if an adult involved at your club (or a referee) asks you to become their friend online. Also inform your Club Welfare Officer;
- If you receive an image or message you find offensive, threatening or upsetting, tell an adult you trust. Make sure you copy and save the image/message elsewhere – or print it off before you remove and destroy it. It may be needed as evidence;
- You can also report concerns directly to the police by clicking here: [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre).



## THE ADVICE FROM THE EXPERTS:

There's loads of advice out there designed just for you, so check it out. The links below offer help and advice on the following topics and much more:

Cyberbullying, online reputation, sexting, social networking, downloading, gaming, online grooming, apps, video chat and webcams, location devices, premium rate content, security, live streaming, online sexual harassment, screen-time healthy balance...

### CHILDNET

[www.childnet.com/young-people](http://www.childnet.com/young-people)

### NSPCC

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/)

### CHILDLINE

[www.childline.org.uk](http://www.childline.org.uk)

### THINKUKNOW

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

### YOUNG STONEWALL

[www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)

As well as offering general support for Lesbian, Gay, Bisexual and Trans (LGBT) young people, Young Stonewall offers specific guidance on managing online issues such as cyberbullying.

## FOR FURTHER INFORMATION

If you need any further advice or information, please contact your Club Welfare Officer, who will be happy to help.





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