



# Covid-nineTEEN's

## Hints and tips to help young people be safe, online and make the most of virtual spaces.

Our topic for the podcast this week was online safety. During this global pandemic young people have been stuck indoors and have found themselves spending more and more time online. So here is our advice, facts and calls to action to keep everyone safe.

### Virtual is forever

Things you post online can be there forever! Employers and universities will check your online presence and judge you on it. There is a huge amount of information online - small tidbits of information about you can be used to find lots more.

### Stay safe

Not sharing personal information is key! Passwords, date of birth and your address are all things that shouldn't be asked for by others. If you meet people online, don't meet in real life without taking someone else you trust with you. Know about age limits on sites before you use them. They are there for a good reason!

### Virtual appointments

When setting healthcare appointments during and after the lockdown, keep using virtual meetings! Though some of us prefer face-to-face, we like being able to see someone else during meetings.

### Role models

Remember that we're using screens a lot at the moment! For school, for fun and to socialise. Set good examples by taking breaks, give us the right kit to look after our posture and take your own advice.

### What we want adults to know

- **Recovery** - consider all the good things that have happened since lockdown. Do more of the good stuff and less of the bad stuff.
- **Role modelling** - we are watching what you are doing (on and offline!).
- **Make it easy** - to talk to you about what we are worried about. Sometimes the fear of getting in trouble stops us and makes it worse.

### Online education

Online teaching is good and can work well, but doesn't give us opportunities for friendships, discussions, socialising and learning with others - keep doing it in the short term, but make sure to bring back face-to-face teaching when possible.

### Key Takeaways!

Finally, if you are some numbers to help you explore these topics further...

**ThinkUKnow** - <https://www.thinkuknow.co.uk>

**Own Your Feed** - <https://youngminds.org.uk/ownyourfeed/>

**CEOP reporting** - <https://www.ceop.police.uk/safety-centre/>