

The 5 Ts of e-Safety

E-Safety is about being online on the Internet and joining up and speaking to friends, doing day to day activities such as playing games, shopping, banking and working.

Doing this safely for ourselves and for others is the focus of this leaflet .

The use of technology has both benefits and risks. Gaining the awareness, skills and safeguards to enable young people to take responsibility for their own and others' online experience is crucial.



Many young people often access the internet using smart phones, tablets and game consoles and never use a computer personally.

There are many sites young people access online including:-

- Social Networks such as Facebook and Twitter;
- Blogs which are like an on-line diary;
- Search Engines such as Google;
- Instant Messaging;
- Email.



You don't need to be an expert in all of these, but do need to be aware of what they are, what they are used for and the pitfalls they may present.

You can use the Internet to find information on these different sites. If you struggle to do this you can go to your local library for more information and possibly courses.



Take your time and think before posting. Ensure both you and anyone you support takes some time to think about and reflect on what they are going to post. Something said out loud which would raise a smile may appear to be nasty when the smile or the raised eyebrow can't be seen. Discuss how someone else might find a simple comment upsetting – even when it wasn't intended to be.



Many things and people are not what they seem to be on the Internet. Recognising this is an important skill to develop with a young person. Discuss with them their friends they may have online. If you are concerned about the tone of a conversation or if they are making arrangements to meet up with someone, you can discuss this in a supportive and helpful way.



Sometimes people get into a tricky situation such as a conversation which makes you uncomfortable or comments which you think are unkind. It can be hard to discuss difficult subjects with young adults, but it's much better to express your concerns, rather than leaving it and then finding that they are being bullied, or led astray. Everyone is vulnerable on-line to some extent and often they will appreciate the fact that you are trying to look out for them.



If a young person is being bullied, threatened or abused through the use of technology, they need to tell someone straight away. Any nasty, abusive or threatening text, e-mail, instant message or "post" should be ignored and not replied to. Everyone deserves to be listened to and if they think they are being bullied then they need to be able to share this. Encourage a culture of openness and honesty so they can say if they are worried about any type of contact that they have. Bullying is bullying, even when it isn't face to face. Always be ready to listen to them, and be prepared to act on what they say.



For more information,
see our website!

www.em-esafetyproject.co.uk



East Midlands Specialist
College Group

Produced as part of the E-Safety Project of
East Midlands Specialist Colleges Peer
Review And Development Group:-



in collaboration with



funded by



e-Safety tips for young people with disabilities

