



# BCHWF

## Online Social Well-being



Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to raise awareness about Mental Well-Being. Thanks to the Government for making this possible.

# Online Social Well-being

There are lots of fun and interesting things you can do on the internet. And it can be a great way to stay in touch with friends. But it's important to understand how to stay safe online

Sometimes people will try to trick you into clicking dangerous links or sharing things about yourself. Or something you've shared might be used to bully or frighten you.

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So what are the risks on the internet ?

**The risks you need to be aware of are:**

- **Cyberbullying** (bullying using digital technology)
- **Invasion** of privacy
- **Identity** theft
- **Your** child seeing offensive images and messages
- **The** presence of strangers who may be there to 'groom' other members.

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## 5 ways to get support if things go wrong

- **Talk to someone you trust** like an adult, or you can always talk to a Childline counsellor
- **Report bullying and abuse** directly to the website or app
- **Delete things you've shared** that you're worried about, or find ways to hide them
- **Tell the police** by making a report to CEOP if someone is threatening or blackmailing you
- **Plan for the future** and change your privacy settings so it doesn't happen again



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**For further information, or queries please email**

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