

SOCIAL MEDIA SAFETY



FIRST PRINCIPLE

norfolk.police.uk/firstprinciple
suffolk.police.uk/firstprinciple

Top Tips

Always think carefully about any information you choose to share online.

Take the time to set your privacy setting and check them regularly.

Be aware who you are adding. Avoid adding people you do not know and people due to mutual friends.

Choose a strong password, secure your accounts.

ZIP IT, FLAG IT, SAVE IT, BLOCK IT

PREVENT CRIME

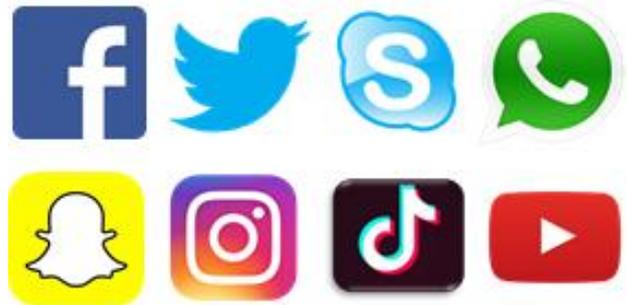
PROTECT COMMUNITIES



NORFOLK
CONSTABULARY
Our Priority is You



SUFFOLK
CONSTABULARY



Social media has become an integral part of the way we communicate and spend time with others.

With a new app or service launching or rebranding every few weeks, keeping up with it all can be a challenge.

Regardless of the apps used, there are some simple guidelines that, when followed, will keep yourself and others safe online.

What are the risks?

Personal information

Personal information can be found all over social media. The information you use to set up the accounts, and details in your photos, videos and posts may be visible to the outside world.



- Be aware of what you are sharing. Privacy settings for some apps change regularly. Make sure you're sharing the right things with the right people.
- The posts and photos that others tag or share with you may identify such details as your location.
- Be aware of Birthday posts giving out personal information.
- Create a username that does not include personal information. i.e. don't include date of birth.
- Keep your profiles private and be careful who you let join your network.

Offensive Material

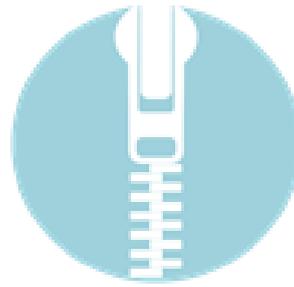
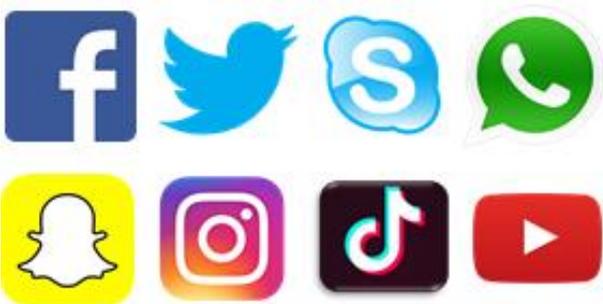
Unfortunately many people will encounter offensive material whilst on social networking sites. Sexual, violent and extremist material is something we need to be aware of and know how to manage.



- Beware of people who may contact you in an effort to persuade or harass you into changing your values.
- Do not follow pages that post inappropriate material. This could affect your own profile and how you are viewed. The majority of employers will look up potential employees online.
- If you come across any offensive material, block and report using in-built tools.

Other risks to consider

- Hacking: due to personal information being shared online, hackers are able to hijack accounts more easily. Keep passwords strong and do not link them to any personal information. Use two-factor authentication to further secure your accounts.
- Phishing emails: Be aware of emails from social media sites requesting you to click on links. Go straight to the source to check.
- Age-inappropriate content: Social networking sites often have an age limit. However, this can be easily bypassed. Be aware of what children are accessing. Use the same apps yourself and talk about them.



ZIP IT

Keep personal data private and think about what's said and done online.



FLAG IT

Flag up the issue within your community so everyone is aware of the threat.



SAVE IT

Screenshot anything relevant (and the profile sending it) so it can be reported properly



BLOCK IT

Block people who abuse or attempt to abuse online. Report them to the relevant provider.

First Principle: Related links

Check out all of our Crime Prevention information using the following links or by using the QR code to take you to the First Principle Pages Alternatively go to our website at <https://www.suffolk.police.uk/> and look in the 1st Principle A-Z of Crime Prevention.

Allotment Security
Anti-Social Behaviour
ATM Security
Beach Hut Security
Boat Security
Building Site Security
Business Security
Caravan Security
Caravan Storage
Card Security
Catalytic Converters
Church Security
Cold Callers
Commercial CCTV
Counterfeit Banknotes
County Lines Advice
for Landlords
Cyber Crime
Cycle Security
Dangerous Dogs
Dog Fouling
Dog Theft
Domestic CCTV
Domestic Violence
Farm Security
Fraud Prevention
Grooming
Hate Crime

Heating Oil
Home Improvements
Home Security
Home Security for
Tenants
Horses and Stables
Keyless Vehicles
Key Safe Security
Lock Snapping
Mopeds and Scooters
Motorcycle Security
Neighbour Disputes
Occupiers Liability
Personal Security
Power Tool Security
Products Brochure
Rural Crime
Security Alarms
Sheds and Garages
Social Media
Social Media for
Parents
Suspicious Behaviour
Shoplifting
Taxi Driver Safety
Vehicle Security
Windows and Doors



Other Links you might find helpful

Ask the Police
Secured by Design
Sold Secure

Crimestoppers
0800 555 111

Victim Care
0300 303 3705