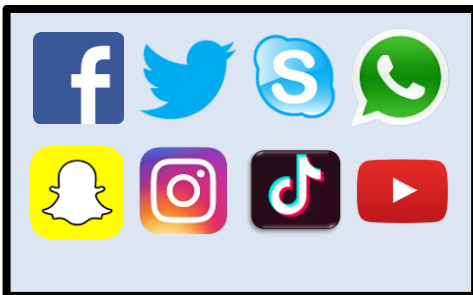


SOCIAL MEDIA SAFETY



FIRST PRINCIPLE

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



NORFOLK
CONSTABULARY
Our Priority is You



SUFFOLK
CONSTABULARY

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

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.

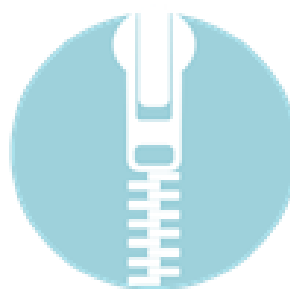


- Beware of people who may contact you in an effort to persuade or harass you into changing your values.
- Do not follow pages that post inappropriate material. This could affect your own profile and how you are viewed. The majority of employers will look up potential employees online.

- 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

Ask the Police

Official Police Resource. The Ask the Police website provides you with information on a wide range of non-emergency policing matters.

askthe.police.uk

Secured by Design

Official UK Police initiative that combines the principles of 'designing out crime' with physical security.

securedbydesign.com

Sold Secure

Dedicated to reducing the risk of crime by assessment of security products.

<https://www.soldsecure.com/>

Crimestoppers

An independent charity that gives people the power to speak up to stop crime 100% anonymously, by phone 0800 555 111 or online.

<https://crimestoppers-uk.org/>

Victim Support

Covering the whole of Norfolk and Suffolk, a free, confidential support service specifically designed to help victims and witnesses of any crime.

Contact us on:

Phone: 0300 303 3706 (weekdays between 8am-5pm)

Email: nsvictimcare@victimsupport.org.uk

Web: www.nsvictimcare.org

Socials: @nsvictimcare

Call us on 101. Always dial 999 in an emergency

To see the full range of information go to:

suffolk.police.uk/firstprinciple or

norfolk.police.uk/firstprinciple

Or alternatively use your mobile phone to scan this QR code.

