



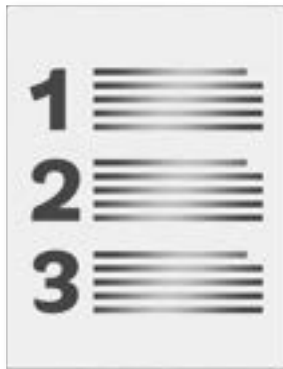
## Staying safe on the internet



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There are lots of fun things that you can do on the internet and it is a great way to stay in touch with people.



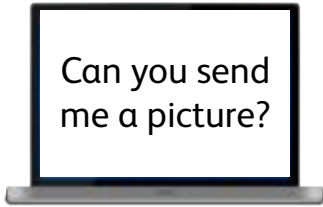
Here are a few tips to staying safe on the internet.



If you do not know someone on the internet, you can ask someone to check if they can be trusted.



**Be careful about sharing information about yourself on the internet. Keep your address and telephone number a secret.**



Be careful about sharing pictures. If you do not know someone, make sure they can be trusted.



Always keep your bank details a secret if someone asks you for them.



It is usually safe to buy something online and pay for it. If you are not sure, ask somebody.



Keep all your passwords a secret.



If you think that you are being bullied on the internet, speak to someone. There are things that you can do about it.



You can get some advice from us by sending an email to:  
**[online@dimensions-uk.org](mailto:online@dimensions-uk.org)**



## If you think that someone is bullying you on the internet



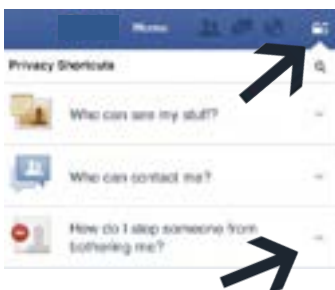
Tell the website that you are using. You might be able to do this on their site or there might be an email address you can write to.



Save the message from the person bullying you.



Avoid writing to the person bullying you.



If you use Facebook you can stop someone from contacting you by:

- clicking on the padlock picture
- click on the words

How do I stop someone from bothering me



You can then write their email or name and they will no longer be able to contact you or read your posts.



## Keeping emails safe



You need to be careful about clicking links in emails.



Sometimes emails have bad links in them put there by an attacker. This is called a **phishing attack**.



The attacker wants you to click on the bad link so they can get your **personal information**.



**Personal information** might include information about your health, your money or where you live.



After a person clicks on a bad link, the attacker can read every email the person sends and receives.



If any **personal information** was in one of those emails, the attacker will be able to see it.

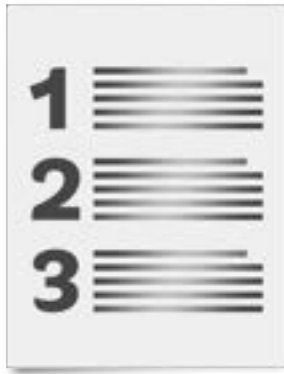


Attackers are criminals.

They might try to use this **personal information** to make money, or to pretend to be you.



It can be very difficult to spot a **phishing email** and many people have been victims.



Here are some things you can do to keep safe from a **phishing attack**.



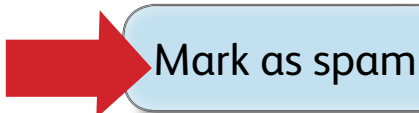
Never click on a link in an email unless you know who it is from.



Do not share **personal information** in an email.



If you think an email might be a **phishing** email you can report it to the email company you use.



You can mark the email as spam.



# Proving life can get better

Dimensions provides evidence-based outcomes-focused support for people with learning disabilities, autism and complex needs. We help people to be actively engaged in their communities.



## Find out more

Website: [www.dimensions-uk.org](http://www.dimensions-uk.org)

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