



Internet Safety: Social Media



The **Internet** means that we can **stay connected with people**, even when we can't see them face to face.



This has been really important during the pandemic. The **internet** means that we can **talk to people on social media** and on **Zoom**, even when we can't meet.



Social Media means all the different ways we can connect with people we know and don't know over the internet.



There are lots of **different types of Social Media**, called 'platforms'. We often have them as **apps on our phones**. Social media includes apps like **Facebook, Instagram, Twitter** and **TikTok** but also **Whatsapp** and more.



People who **do not have access to the internet**, or **do not have the support they need** to use Social Media or Zoom **may be more isolated** than other people, and lose contact with their friends and networks, especially during the pandemic.



Social Media can be a very good thing. It can help stop you being bored and help you find out what is going on, as well as helping you connect with your friends.



BUT there are risks with using Social Media

Here are the **two things** that the Champions group said it was most **important to remember**



1. Not everything you see on social media is true.



People share '**Fake News**'. This is **news that isn't true**. People do this to try and change people's minds or to cause trouble, or they might be confused themselves.



There are **lots of Fake News** stories and **scams** about **Covid-19** and the Covid-19 **vaccination**. Always go to **NHS websites** or ask a **health professional** for information.



2. Not everyone on social media is your friend

Unfortunately, some people use the internet to do bad things. Watch out for:



Cyber-bullying – saying unkind things on the internet is as bad as saying it to your face. It is bullying and abuse. If someone is unkind on the internet, you should report it and block that person.



Scams – some people use social media to try and sell you things, or to get your personal information. Report anything suspicious and always check with a friend, family or support staff before replying to anyone you don't know.



Grooming – means that someone gets to know you online; they pretend to be your friend at first, but they want to cause you harm. This is also called **Mate-Crime**.



The Champions group thought that more people with learning disabilities used **Facebook** than any other social media platform.

So we did a **Quiz** about **Staying Safe on Facebook** and we want to share it with you.

Some of the questions were a **bit tricky**. We have shared what we thought at the end so you can see if you agree.

Staying Safe on Facebook Quiz



1. Would you accept a **Facebook friend request** from someone you don't know?



Yes



Not sure



No



2. Would you tell everyone that you are **going away on holiday** on Facebook?



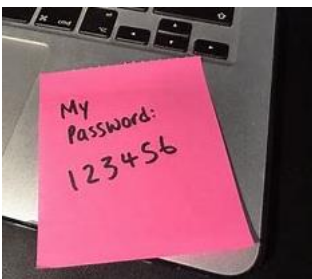
Yes



Not sure



No



3. Would you **share your Facebook password** with anyone else?



Yes



Not sure



No



4. Would you **share your address** on Facebook?



Yes



Not sure



No



5. Would you tell everyone on Facebook the **date of your birthday**?



Yes

Not sure

No



6. Would you **forward on a Facebook post** to 10 other people?



Yes

Not sure

No



7. Would you share your **bank card details** with anyone on Facebook?



Yes

Not sure

No



8. Would you tell everyone on Facebook when you have a **new, expensive phone**?



Yes

Not sure

No

Staying Safe on Facebook Quiz – Our Answers



1. We said no, you should **never accept a Facebook friend request from someone you don't know** – they might be trying to scam or bully you.

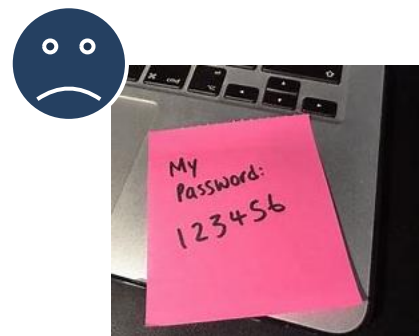
It is **OK to say no to a Facebook friend request** from someone you don't know very well. It is **your choice** who you are friends with on Facebook.



2. We said it was **not a good idea to tell everybody when you are going away** – especially when you live on your own.

We love sharing holiday photos with friends and family but we could

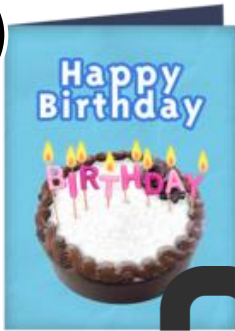
- **wait** until we get back to share photos
- make sure our **settings are private** – so only people we know can see them



3. We said you should **never share your passwords** with anyone – not only for Facebook but for all online sites and services.



4. We said you should **never share your address on Facebook**, or any other Social Media site. Never give your address to anyone you have only met online.



5. We weren't sure about whether to tell people it is our birthday on Facebook. A lot of us have our **birthday on Facebook** already – and it gives helpful birthday reminders.

We agreed we should not share our birthday or anyone else's in a post – and we should put our settings to private so only friends can see what we post.



6. We said that some posts which ask you to share with lots of people might be OK but some posts might be scams or contain viruses so people can get to your personal information.

As we don't know which of these posts are safe, it is better not to share them.



7. Never ever share your bank details on social media.

If you shop online, it is best to only shop at well-known online sites



8. It is very exciting when you have a new phone, but it is best not to tell everyone on Facebook, in case anybody on there wants to steal it.



Did you agree with our answers?

It's not always easy to know how to stay safe on Facebook and social media. **Talk to someone you know and trust if you need advice** about it.



There is lots of excellent Easy Read Information which can help.

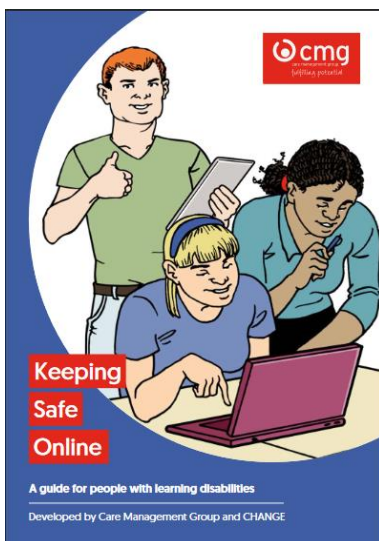
We recommend some online resources (correct at the time of publication). The links are also available on our blog include.org/blog/

[How to Stay Safe Online - Guidance for Adults and Young People with Learning Disabilities - Digital Safeguarding - Ann Craft Trust](#)

[Keeping-Safe-Online-Easy-Read-Guide-Small-File-Size.pdf \(changepeople.org\)](#)

[SafeSurfing Project - What We Do | Mencap](#)

[MORE: SAFETY CARDS – Our Safety Centre](#)



If you know more excellent free resources that we can share – or have any other comments about his Easy Read document, please email info@include.org

Thank you for reading!