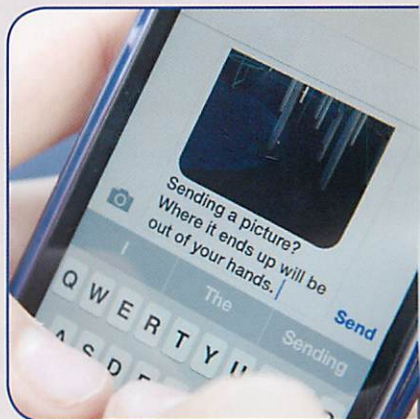


# Stay Safe, Be Aware!

An awareness campaign  
by the Police & Crime  
Commissioner



**Being you is not a crime:  
Hate crime is**

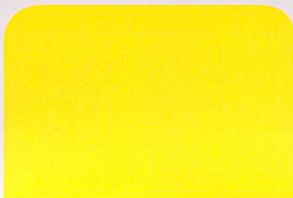


## #Be Cyber Smart

The Virtual World Has Real Life Consequences



Police and Crime  
Commissioner  
West Mercia



## SMART internet safety

- **SAFE** - stay safe, don't give out personal information to anybody online
- **MEETING** - meeting someone who you have only been in touch with online can be dangerous. Only do so with your parents' permission and only when they can accompany you
- **ACCEPTING** - accepting emails, instant messages or opening files/pictures from people you don't know or trust can lead to problems - they may contain viruses or nasty messages
- **RELIABLE** - information you find on the internet may not be true, or someone online may be lying about who they are
- **TELL** - tell your parent, carer or an adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online

## Internet safety top tips

- Don't use the internet to spread gossip, bully or hurt someone
- Never chat with anyone online that you don't know
- Make sure your parents or teachers know how and when you're using your computer
- Post only what you would feel comfortable with the whole world seeing
- If you are being bullied TELL an adult you trust and show them whatever's been sent to you
- Police and teachers can help you and you will not be in trouble
- Don't join in making comments about people, even if your friends are
- Once you have posted something online, you lose control over it. Even if you delete it, it may already be out there on someone else's computer

## General safety top tips

- Walk with a friend
- Let someone know where you are going
- Change any route you walk regularly
- Don't accept a lift from someone you don't know or trust
- Don't run across roads or between cars
- Be aware of your surroundings, keep to well lit areas
- Don't have earphones in
- If you're in a car, always wear a seatbelt

## Key contacts

**Police (emergency)** - 999

**Police (non emergency)** - 101

**Fearless** - a safe place where you can access information about crime and where you can give information about crime anonymously, [www.fearless.org/be-fearless](http://www.fearless.org/be-fearless) or the Crimestoppers number 0800 555 111

**Childline** - a private and confidential service for children and young people up to the age of 19 - you can contact them about anything, [www.childline.org.uk/Pages/Home.aspx](http://www.childline.org.uk/Pages/Home.aspx) or 0800 1111

**FRANK** - tells you everything you might want to know about drugs and gives friendly, confidential advice, [www.talktofrank.com/](http://www.talktofrank.com/) or 0300 123 6600, SMS: 82111

**Swanswell Alcohol, Drug & Support Service** - national alcohol and drug charity, [www.swanswell.org/helpful-information](http://www.swanswell.org/helpful-information)

**You & Co** - Victim Support's youth programme that helps young people cope with the effects of crime, [www.youandco.org.uk/](http://www.youandco.org.uk/)

**Victim Support** - provides helpful information to explain what each key organisation within the criminal justice system does to support victims of crime, [www.victimsupport.org.uk/](http://www.victimsupport.org.uk/) or 0808 1689 111

**Crush** - a project run by Women's Aid, helping young people make safe, healthy relationships, [www.westmerciawomensaid.org/crush?id=1](http://www.westmerciawomensaid.org/crush?id=1) or 0800 014 9084