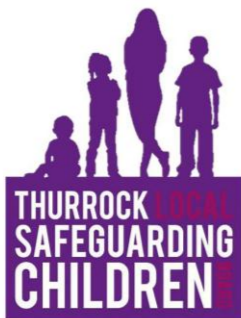




ESSEX
Safeguarding
Children
BOARD



Think You Know?

Who your friends are?

You can't be found?

What can be deleted?



More information at
www.escb.co.uk/hiddenlives

Have you met everyone you are friends with on Facebook or chat to on Xbox live? Remember not to give personal details out online & think twice before accepting requests from someone you haven't met. If you are unsure, there is nothing wrong with checking with an adult you trust.

Don't advertise your location, all smart phones have GPS availability & this is used on everything from Facebook posts to photos. This means your location could be tracked by strangers. Would you normally share this?

Nothing is permanently deleted online, even if you have removed something it may already have been copied, shared & out of your hands. Think twice before putting anything online or sharing via social media

Don't stay hidden! Talk to someone if you are not sure