

discovery

Get more from life



# Staying safe on the internet

Discovery Easy Read communications  
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## Staying safe on the internet



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.



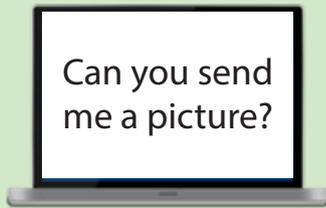
Here are a few tips to staying safe on the internet.



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 your 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 the Dimensions group 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



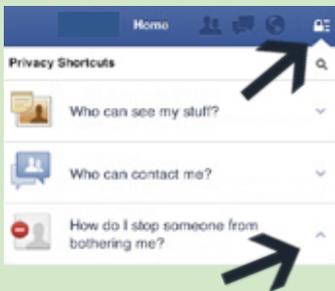
Tell the website that you are using. You might be able to do this on their site or there might be an email address you can write to.



Save the message from the person bullying you.



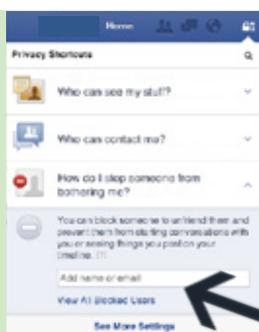
Avoid writing to the person bullying you.



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.



# Get more from life

Discovery supports people with learning disabilities, autism, challenging behaviour and complex needs. We are driven by our values. People with learning disabilities and their families are at the heart of everything we do and we want every person we support to have a great life, with excellent outcomes.

Discovery is a new social enterprise – and is a subsidiary of the Dimensions UK Group. We have been established to provide services across Somerset. Discovery's registered trading name is Dimensions Somerset SEV and is a wholly controlled subsidiary with a local Board.

## Find out more about Discovery

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

Follow us @DiscoveryLDA

### Address

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