

**Here is some guidance that you can share with England Netball members under the age of 18, to help them protect themselves online:**

- Never share your personal details online and ensure your privacy settings are secure. Be aware of what personal information you have public, including account handles and user names as part of your social media profile including sharing information about your accounts on other social media platforms.
- Ensure that your social media platforms are password protected and that you do not share this password, unless your parent/guardian requests it.
- Consider who you are inviting to be your friend and follow the good advice of the social networking sites to ensure you are talking to the person you believe you are talking to.
- Always remember that anything you say including photos, pictures and video clips posted on your site may be shared with people other than those for whom it was intended.
- Never post, share or send any photographs, videos or make comments that may be hurtful, untrue and upsetting and you may regret sharing later on or used by other people in a way you did not intend or want.
- Remember that it can be difficult to delete information that has been uploaded to the internet, it may have been shared or copied as soon as it is uploaded.
- never place a comment on the internet that you would not put in writing or say to the individual concerned
- Remember to report any concerns you have to a responsible adult