

# Safeguarding guidance

## Children and Young People

### **Guidance for the personal use of social networking sites for children and young people in equestrian sport.**

More advice is available <http://www.bhs.org.uk/our-charity/about-us-and-our-work/working-with-the-law/safeguarding-children>

The internet and mobile phones make it easy to talk and communicate with your friends quickly and cheaply. In order to stay safe you may like to read through the following points:

- Stay safe. Have a look at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) an advice website from the Child Exploitation and Online Protection Centre [www.ceop.police.uk](http://www.ceop.police.uk)
- If you are worried and would like help go to [www.ceop.police.uk](http://www.ceop.police.uk) or tell your parents/carers or a responsible adult such as your school teacher
- Remember that any photos, video clips and comments uploaded to the internet may be there forever even if you delete them. They may also be viewed by people that you may not think will see them.
- Do not accept friend requests on social networking sites from people unless you know them
- Do not give out personal details such as your address, mobile number or location on any website or on the phone
- Make sure your social networking profile is set to private or for friends only
- Never upload photos or send comments or material that may be hurtful to others
- When uploading photos of yourself and friends make sure your friends are happy for you to do so
- Never share your passwords with anyone else
- Do not arrange to meet someone that you have met online unless accompanied by a member of staff or parent
- Avoid using your mobile or smartphone during activities as this may have an impact on your safety and your opportunity to learn and achieve

As a member of NAME OF ORGANISATION

- I understand that these rules are designed to keep me safe, and if they are not followed my parents may be contacted.

# E-safety guidance for children and young people

- I am aware that if I am experiencing bullying behaviour or abuse online, I can contact ... ..  
*(insert name of designated safeguarding lead)*
- I know I can contact Childline on 0800 11 11 if I have any worries about something I've seen or experienced online.

Signature of young person:	Name:
Signature of parent:	Name:
Date:	

## Useful Information & links

Child Exploitation and Online Protection centre – [www.ceop.police.uk](http://www.ceop.police.uk)

Think u Know – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) – advice site for young people and parents

NSPCC – Childline 0800 1111 – [www.nspcc.org.uk](http://www.nspcc.org.uk)

Child Protection in Sport Unit - [http://www.nspcc.org.uk/inform/cpsu/cpsu\\_wda57648.html](http://www.nspcc.org.uk/inform/cpsu/cpsu_wda57648.html)

BHS Safeguarding Team – [safeguarding@bhs.org.uk](mailto:safeguarding@bhs.org.uk) 02476 840746

*BHS Safeguarding Team*

*02476 840746*

*safeguarding@bhs.org.uk*

*Information taken from the CPSU acceptable use policy*