



Richmond and
Wandsworth
**Safeguarding
Adults Board**

your healthcare

How To Stay Safe Online Easy Read



How To Stay Safe Online



You need to be careful who you talk to online and what you tell them.



Sometimes people use the internet to:
Take your money.
Tell lies about you.
Pretend to be you.



You need to make sure you use the internet safely.
Ask for help from someone you trust, a friend, family member or support worker.



Don't tell strangers:
Your full name.
Your address.
Your phone number.
Your password.

 	<p>Don't open emails from people you don't know.</p>
	<p>Be careful about what you post on social media. Only chat with people you know in real life.</p>
	<p>Make sure your social media is private. Get help if you don't know, if you are worried or someone is bothering you.</p>
	<p>Remember it's OK to say No to things online that make you feel uncomfortable.</p>