



Online Safety Bulletin

Online Safety Alphabet

I - Instagram

Mostly used on smartphones, allows users to create, edit and share videos & images with friends. Can be connected to other social networks.

J - JPEG

A method of compressing digital images (to save memory space), without losing image quality.

Did you know?

6 out of 10 businesses will face a cyber attack in 2018.

This will cost the global economy £200 billion.

In the news this month

Young people spend more than SIX hours a day feeling stressed or worried

UK Youth 2018 Blog (e-safety support)

March is National Safeguarding Month with UK Youth launching their **#KeepMeSafe** campaign

UK Youth polled 1,000 18-25-year-olds and found that young people spend more than six hours a day feeling stressed or worried.

A spokesperson for UK Youth said: "It's concerning to see just how long young people spend feeling worried or stressed and how many of them have to go through these issues alone, without anyone to turn to for advice and guidance. "Despite living in our ever-connected world, young people need safe spaces more than ever".

Their study also found that despite spending such a huge amount of time feeling concerned, the average young person has just four people they feel they could turn to for help. And although 18-25-year-olds having an average of 165 'friends' on social media, 85 per cent still have moments where they feel lonely. In fact, more than 40 per cent think social media only adds to their worries and stress with more than half of those saying it leaves them feeling under more pressure to keep up with everyone. Others say they struggle with the lack of privacy, (29%), the pressure to impress others (40%) and feeling like they need to make their live sound better than it really is (33%).



UK Youth's spokesperson added: "Safeguarding has hit the headlines recently but it's something we've been working to strengthen for a long time now. Research from our network and these new stats suggest the needs of young people have transformed in the last few years due to online/offline pressures and societal changes, which means an increased level of support is needed to #KeepMeSafe.

#KeepMeSafe will run throughout National Safeguarding Month (from 1st-31st March)

Find out more about #KeepMeSafe at: www.ukyouth.org/stop-look-listen

Tip of the Month

Snapchat - How to turn off "Snap Maps"

Snap maps allow **ALL** other users to see your **exact** location when using Snapchat. Here's how to turn it off;

1. Open Snap Maps feature
2. Tap the settings cog (top right)
3. Select **ghost mode** (you can choose between blocking your location for all users, or for anyone who isn't your friend).

