

# A young person's guide to KEEPING SAFE...



[www.newport.gov.uk](http://www.newport.gov.uk)

This guide will give you **advice** and **information** on how to keep yourself and your possessions safe.



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## **A YOUNG PERSON'S GUIDE TO KEEPING MONEY, POSSESSIONS AND MYSELF SAFE...**

This guide will give you hints and tips and support information to ensure you keep yourself, your possessions and your money safe by exploring the main risks and how to avoid them.



# KEEPING SAFE AT HOME...

Your home is yours, all the items you have bought or been given are also yours. The only people that should be visiting your home are people you have invited and trust and professionals that have pre-booked appointments to visit.

## Security

- **Think about who you invite into your home**
- **Be careful if you hold a party - make sure only people you invite come along**
- **If someone from a broadband company/utility company needs to come into your home, make sure you check their ID**
- **Never give your bank details to someone who phones you. Your bank will never ask for your PIN number or bank security information**
- **Rip up receipts or letters with your address or card information on them**

## Use the fire service

You can ask your local fire service to come and check that your property is fire safe.

They can give you ideas and advice if it's not. This will include carbon monoxide how to spot carbon monoxide leaks.

If you are a tenant your landlord/agency should have regulation equipment fitted. It can't harm to check though! You can find more information on their website [www.southwales-fire.gov.uk](http://www.southwales-fire.gov.uk)

If you are feeling unsafe or have an issue in your own home you can contact one or more of the following:

- **A friend or family member you trust who could come to your house to support you**
- **Your personal adviser to discuss your concerns**
- **Your landlord or housing rep**



- **The Police (non-emergency) on 101**
- **Emergency Services (Ambulance, Police and Fire) on 999**
- **If you smell gas call 0800 111 999**
- **If you have no water call 0800 052 0130**

You can also get to know your local Police Community Support Officers.

Visit [www.gwent.police.uk/en/join-us/community-support-officers](http://www.gwent.police.uk/en/join-us/community-support-officers)

### **Helpful hints:**

- **Before leaving your home check you have locked all windows and doors**
- **Check you have turned off any heaters or gas appliances**
- **If you are out when it is dark, you could leave one or two lights on in your home (you would need to see how this affects your meters if you pay your bills using this method)**

## **KEEPING YOUR MONEY SAFE...**

### **Cold callers**

Cold callers come to your door trying to sell you things, get you to sign up for things etc and may be quite pushy.

### **'Easy money' schemes**

Be aware of scams where you are asked to hold money in your account for someone else.

This may be advertised as a job on social media with titles such as- 'money transfer agents', 'local processors' or it may be advertised as an 'easy' loan.

When the money comes into your account you will be asked to transfer money to another person but allowed to keep a small amount for yourself. This is a way for criminals to 'clean' money from criminal activity and you become a money mule and would be committing a criminal act which could lead to imprisonment as well as not being able to hold a bank account or borrow money in future.

## **Loan sharks**

A loan shark could be someone you know from the neighbourhood. It may even be a 'friend'.

They will spend time gaining your trust before loaning you money but they will not give any loan paperwork and may ask for something like your passport as 'security'.

They might use violence to get money back. For advice on avoiding loan sharks visit [www.moneyadvice.service.org.uk/loans](http://www.moneyadvice.service.org.uk/loans)

## **KEEPING SAFE ONLINE...**

As we live our lives more and more online, it is important we think about keeping ourselves safe.

Make sure you set up a password or PIN to unlock your phone. If you lose it there is that extra level of security to stop people looking at your information.

### **General online security**

- **Check your security settings on social media.**
- **Make sure you only reveal what you want to, to who you want i.e. set your posts to friends only.**
- **Are people you are talking to online really who they say they are?**
- **Don't do anything online you don't feel comfortable with, for example sending intimate pictures to people.**
- **Use different passwords for each account you use.**
- **Use complicated passwords not password 123.**

### **Shopping online**

If you choose to do any shopping online, make sure you use a secure site. A secure site will have a padlock in the address bar.

Be careful of offers that look too good on online marketplaces. Are you buying what you think?



## Phishing

This is a term used to describe emails sent to you from fraudsters asking for bank details or personal information such as passwords. They will then use that information to buy things, get credit cards etc.

Your bank will never ask you to send bank details through an email and will not ask you to click a link because your account has been 'compromised'.

Some emails will be made to look very real however check the email address where it has been sent from. For example, an email from Barclays will end with

**@Barclays.co.uk**

## Online gaming

Below are some useful tips to stay safe when playing games online:

- **Don't use your real name on gaming accounts.**
- **Be careful about what personal information you give out when playing in a large online community.**
- **Watch out for scams when buying in game packs.**



## INAPPROPRIATE USE OF MEDIA...

Child and adult exploitation is on the rise. This involves sharing inappropriate pictures or videos of yourself or being sent pictures or videos of someone else via media including your own phone.

Many people, vulnerable or not, are asked to send pictures of themselves to people they trust even if they don't feel comfortable doing so. Although this can be harmless if you are in a relationship with that person, you need to think how they could use that photo or video once they have it - especially if you end the relationship at any time.

There have been cases of famous people having their private and inappropriate pictures leaked to the papers by their ex-partners. Would you want your picture shared with people?

Your body is also your property and if you don't trust, feel comfortable or actually know the person that's asking you to send something, don't send it.

It's also wise to report it to the Police on 101 and also to your personal advisor. They can prevent this happening and support you if you feel safe.

The NSPCC offers advice and information about exploitation on their website [www.nspcc.org.uk](http://www.nspcc.org.uk)

You may want to look at this with a friend, family member or your personal advisor as it can be an upsetting topic.

## SOCIAL MEDIA...

It is important to think about what information is available on your social media accounts and what people are able to see and what is private only to you and maybe your friends.



*For example:*

- **Your date of birth**
- **Pictures of your home**
- **Your address**
- **Your full name**
- **Posts that reveal when you are not at home**

*Check the privacy settings on your account:*

- **Are you posting to the public or just to friends?**
- **Go through your friends list and remove those you don't speak to anymore**
- **Check your privacy settings on each social media account**

### **Harmful content**

If you have seen harmful content about you or another person such as threats, bullying, unwanted sexual advances then report it. For more information visit [www.reportharmfulcontent.com](http://www.reportharmfulcontent.com)

### **Helpful hints:**

- **You should never announce on social media that you are going or on holiday as this could make your home vulnerable to being broken into, you could wait until you are back home to share it then along with pictures.**
- **If you go away on holiday, it can be useful to ask someone you trust to pop in every day to open/close curtains and collect mail from near the door to make the house look like someone is home.**
- **If you think someone is using your data fraudulently you can contact your local citizens advice office.**

## **USEFUL WEBSITES...**

[www.actionfraud.police.uk](http://www.actionfraud.police.uk)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

[www.victimsupport.org.uk/crime-info/types-crime/fraud](http://www.victimsupport.org.uk/crime-info/types-crime/fraud)