Safeguarding guidance

Online safety for children and young people

Date of Policy	**October 2026**
Date of Review	**October 2027**

Guidance for being online for children and young people in equestrian sport.

More advice is available www.bhs.org.uk/safeguardingchildren

This policy must be ready after Hood Hill Equestrians Recording, Imaging and Social Media Policy - it is important that this policy is adhered to when at Wirral Riding Centre.

This policy is guidance on how to generally stay safe online.

Going online and using a mobile phone makes it easy to talk to and communicate with your friends quickly and cheaply. It's important to stay safe and know about the dangers online - read on to keep you in the know:

- Think before you post
  Don't upload or share anything you wouldn't want your parents, carers or coaches to see. Once you post something, you lose control of it - especially if someone else screenshots or shares it.

- Don't share personal details
  Keep things like your address, phone number, full name, school and date of birth private and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.

- Watch out for phishing and scams
  Phishing is when someone tries to trick you into giving them information, like your password. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead.

- Think about who you're talking to
  There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name or where you go to school.

- Keep your device secure

Make sure that you're keeping your information and device secure.

- Never give out your password
  You should never give out your password or log-in information. Make sure you pick strong, easy to remember passwords.

- Cover your webcam
  Some viruses will let someone access your webcam without you knowing so make sure you cover your webcam whenever you're not using it.

What are the risks?

Sometimes people will try to trick you into clicking dangerous links or sharing things about yourself. Don't forget - something you've shared might be used to bully or frighten you.

Online guidance for children and young people

Keeping your information safe

Having your social media account hacked or your information stolen can be scary and upsetting

1. Use strong passwords
2. Keep your apps and device safe up to date by downloading regular updates
3. Make sure you log out when you are using public or shared devices 4. Be careful what websites you're using

How to get help if something has worried you

1. Talk to someone you trust like an adult or you can always talk to a Childline counsellor
2. Report bullying and abuse directly to the website or app
3. Delete things you've shared that you're worried about or find ways to hide them
4. Tell the police by making a report to CEOP if someone is threatening or blackmailing you
5. Plan for the future and change your privacy settings so it doesn't happen again

As a member of Hood Hill Equestrian

- I understand that these guidelines are designed to keep me safe, and if they are not followed, my parents/guardian may be contacted
- I am aware that if I am experiencing bullying behaviour or abuse online, I can contact Ashleigh Wilkinson
- I know I can contact Childline on 0800 11 11 if I have any worries about something I've seen or experienced online
- I will share any concerns with relevant settings, parents and carers

Useful Information & links

Child Exploitation and Online Protection centre – www.ceop.police.uk

Think u Know – www.thinkuknow.co.uk – advice site for young people and parents

NSPCC – Childline 0800 1111 – www.nspcc.org.uk

Child Protection in Sport Unit - http://www.nspcc.org.uk/inform/cpsu/cpsu_wda57648.html



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Information taken from the CPSU acceptable use policy and NSPCChildline website