

My WhatsApp Safety Plan

A simple guide to help you chat, share and stay connected more safely.

If something online feels strange, secret, scary or too much - trust that feeling.

Three words to remember

PAUSE	CHECK	TELL
Do not reply straight away. Do not send anything else.	Do I really know this person? Why do they want this kept private?	Show a trusted adult. You will not be in trouble for asking for help.

My six safety rules

1 People	I only chat privately with people I know and trust in real life.
2 Moving apps	If someone I met online says "Let's move to WhatsApp", I pause and tell a trusted adult.
3 Private information	I do not share my full name, school, address, location, passwords or codes.
4 Photos and videos	I never send pictures or videos of private parts - even if someone asks, promises something, dares me or threatens me.
5 Secrets	A safe person will not ask me to hide our messages or relationship from people who care for me.
6 My choice	I can leave a group, block someone, stop replying or ask for help at any time.

When lots of attention becomes pressure

Someone may shower you with compliments, messages, gifts or promises so you feel very special very quickly. This is sometimes called love bombing. Affection is not the problem - the warning sign is when it leads to secrecy, pressure, jealousy, sexual requests or control.

A safer username

Use something that does not reveal your name, age, school, town, team or public gaming name. Keep your username and username key off public profiles.



When a message worries me

You do not have to handle it alone. You have not caused the problem by receiving a message or trusting someone.

Someone says: "You are amazing. No one understands you like I do. We only need each other."	I can think: Attention can feel lovely. If it becomes very intense, secret or controlling, I will pause and tell someone.
Someone says: "Prove you trust me. Send a picture."	I can think: Pressure is not trust. I do not owe them anything.
Someone says: "I'll share this unless you do what I say."	I can think: This is a threat. I will not send more. I will get help.
Someone says: "Move to WhatsApp so we can talk privately."	I can think: Why do they want privacy? I will pause and tell someone.

If I have already shared something

STOP Do not send more, pay money or do another "dare".	SAVE Keep the chat, username, dates and screenshots. Do not forward intimate pictures.	TELL Show a trusted adult now. You deserve help, not blame.
--	--	---

Who can I tell?

Choose someone who listens and helps: a parent or carer, teacher, school safeguarding lead, counsellor, youth worker, relative or another adult you trust.

I am in danger now Call 999.	I am worried about sexual messages or grooming CEOP: ceop.police.uk/safety-centre
I want to talk privately Childline: 0800 1111 childline.org.uk	An intimate image of me is online Use Report Remove through Childline.

My safety promise

If something feels wrong, I will pause, keep the evidence and tell
