

INFO FOR STUDENTS

Here at college we want to offer alternatives to your usual online activities. Please see our latest Virtual Enrichment offer [here](#) – we hope to see you online soon!

COUNSELLING SERVICE

WE'RE STILL HERE!

We are still running our service via telephone call or through video call.

We are still accepting referrals.

Mon-Thurs 9am-4pm
(flexibility is available)
email: counsellingservice@kirkleescollege.ac.uk

HOW CAN YOU STAY SAFE ONLINE?

Although the internet has been a valuable way for us all to stay in touch with each other over the past couple of months, it can also have negative effects on our wellbeing. Here are some tips for you to keep safe online:

- **Treat your password like your toothbrush** - don't share it! Change your password regularly and don't have the same one for every account
- **Think twice before you post** – don't post anything you wouldn't want a family member or future employer to see
- **Take care when you share** – make sure you know and trust your friends on social media and check your privacy settings to manage the information you share with others
- **Google your name** - Typing your social media usernames and your full name into Google is a good way to check your privacy settings

CYBERBULLYING

We all know how harmful bullying can be, but there are ways you can protect yourself. If you are being bullied there are things you can do:

- Recognise that you have control of the situation and block the person bullying you.
- Report the bullying to the social media platform
- Bullying someone because of their gender, sexuality, religious beliefs, race, disability, etc. is hate crime and against the law. **Report it online.**
- Don't reply or answer back
- Speak to someone you trust, this could be a family member or someone at college e.g. your Progress Coach

If you have been affected by bullying, click [here](#) to see where you can get support.

DIGITAL DATING ABUSE

Digital dating abuse is being recognised as a growing issue and is a form of domestic abuse, especially amongst teenage girls, but anyone can be a victim.

The most common form of abuse reported is purposeful embarrassment or attempts to shame a partner or ex-partner online. Other signs that you may be in an abusive relationship include:

- Being tracked via your phone
- Excessive texts

- An expectation that you should be available to contact 24/7
- Pressure to send explicit images
- Requesting proof of where you are via check ins or photographs

Click [here](#) for further information or speak to our Safeguarding Team at College on safeguarding@kirkleescollege.ac.uk