

## Keeping Safe Online

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In response to COVID-19 Mayflower Engage has moved some of its activity to an online format. This is to ensure we can continue to offer you a variety of ways to participate.

Here are some top tips to help stay safe online:

- If you are taking part in Zoom, Skype or other online calls make sure to only accept invitations or 'join meetings' from accounts that you know or can verify are owned by people you know offline.
- Remember live streaming is **live**. Any comments made will be seen by all others in the group and you **won't** be able to delete or edit them.
- Please do not share any personal information or respond to contact requests from people you don't know.
- Inform a trusted adult straight away if you see or hear anything upsetting or inappropriate and leave the gathering immediately.
- Use a neutral area where nothing personal or inappropriate can be seen or heard in the background. Using a black background or stock photo is a good idea.
- Think about the clothing you are wearing and that it is fit for purpose, especially if you are joining a physical class online.
- It is likely you'll receive more emails with attachments or links than usual, don't click or download anything you weren't expecting or are not sure about their origin.
- Always use trusted sources for information.
- On Zoom, Skype or other online platforms, please mute your microphone unless a group leader asks you to turn it on. You don't have to turn your camera on. You will be more than welcome to take part without it.