



**"Our Chief Constable Steve Jupp wanted to say a few words in our first newsletter, you can read his message below"**

Firstly I would like to thank you all for the kindness and support you have shown to Suffolk Constabulary recently in these unprecedented times. I have been really overwhelmed with the number of messages of thanks and appreciation received, gifts donated, and I am extremely impressed with all of you who have drawn some wonderful posters. They are fantastic and have brought smiles to our faces. Also, thank you for clapping for our key workers on a Thursday night – it means a lot. I know that my staff have really missed seeing many of you in school, and they are looking forward to meeting you again once you are back at school.

I do hope you find this newsletter helpful – it is very important that we keep in touch with each other in these difficult times. Please do read through the helpful advice – it is especially important now and always to make sure you keep safe online so have a look through the tips in this sheet.

Finally, I hope you are all keeping well and keep those letters coming in – it really does make a difference! - Steve

# ONECOPSTOP

## KEEPSAFEANDKNOWTHELAW



Hi I'm PD MORSE welcome to our first newsletter. I wanted to keep in touch whilst in lockdown and provide some tips along the way. This is about being safe online, so I've attached a handy poster to help you. If you have any questions please send them to me and I'll pick one to answer next time, don't forget your first name and age. You can send them by email to [questiontime@suffolk.police.uk](mailto:questiontime@suffolk.police.uk). I won't be able to respond directly, so make sure you keep an eye on the newsletters. Stay safe!

## Tips if someone is mean online

1. Tell someone. It's really important you tell someone about what is going on and it will make you feel better too. An adult at home or at school can help you figure out what to do next.
2. Report it. Try the report and block buttons. These can be found in most games and on social media and it's a good idea to see if you can spot them.
3. Save the message. You may want to delete a mean message as soon as you read it but remember it's helpful to take a screenshot for an adult to see and talk to you about it.
4. Don't be mean back - This can make things worse or sometimes even lead to you getting in trouble. So it's really important to try and stay calm and get support from an adult you trust instead.
5. Don't ignore it. We're often told that the best way to stop bullies is to ignore them, but remember you should always speak to someone about what's been going on so that you can get support and advice.



Did you know that all social networking apps have an age limit to open an account? They are there to keep you safe and the companies take them very seriously. If you are using them, make sure you talk through the risk with a trusted adult and consider whether you should close your account. You could be putting yourself or friends at risk by using them.

- Age 13 - Tik Tok, Facebook, Instagram, Twitter, tumblr
- Age 14 - LinkedIn
- Age 16 - Whatsapp, Tumbler, Periscope
- Age 18 - You Tube (Can be 13 with parents permission)

## PARENT HUB

We know that online safety can be difficult to navigate, so check these out:

- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) - NCA online advice & games for children
- [www.childnet.com](http://www.childnet.com) - Advice for primary school children & carers
- [www.nspcc.org.uk](http://www.nspcc.org.uk) - Practical guidance on apps & parental controls

Follow our Chief Constable @CCSuffolkPolice to hear more about his role



## Can you be online too much?

I'm sure we all agree that being online is great fun, but it's still possible to have too much of a good thing! Luckily there are special signs that you might recognise, from your body and the world around you, when you've been online for too long. Do any of these sound familiar? 'I get a headache', 'My tablet gets really hot', 'The TV asks is I am still watching', 'The screen looks blurry after a while'. If they do, why not.... finish your homework or chores before going online, plan breaks and stick to them, put devices down when they get hot, play games in the garden or arrange activities with your family?

