

Helpful numbers and websites



www.thinkuknow.co.uk

www.mencap.org.uk



www.beyondbullying.com

Ring Leicestershire Police on **101**



Think before you buy.

Only buy from a company that you trust. If a gift is free you should not be asked to pay for it.



Be careful who you give your personal information to.

Never tell anyone your PIN for your bank card. This is secret number for your bank card.



Leicestershire Learning Disability Partnership Board



Leicestershire Constabulary



Leicester City Learning Disability Partnership Board



Leicester City Council



Keep safe: on your computer and mobile phone

Personal information and money



Being safe using a computer can be difficult. There are lots of different ways you can be tricked and conned out of money. These are called scams.



You can be scammed by

- Email
- Websites
- Pop ups
- Online gambling

The information in this leaflet can help you keep safe.

Things you should know...

Emails

A bank will never ask you for personal details in an email. Do not open emails from people you do not know.

If you do open them, some may ask you for personal information which they may use without you knowing.

Some emails will tell you a sad story and ask for money. Some emails may offer you free gifts or prizes. Beware these may be scams. Do not reply. Delete the message.



Buying things

Only use secure shopping websites. This means only buy from a company that you know and trust. Talk to your doctor before buying any health goods online or before signing up for medical treatment, like slimming pills.



Online dating

Some people on dating websites may not tell the truth. They may not be who they say they are. Remember, if you plan to meet someone you have never met before,

- Meet them in a place where there are lots of people, like a café, pub or shopping centre.
- Let a friend know where you are going. Let them know when you are back home safely.



Pop ups

These are windows which pop up onto your screen trying to sell you something.

If you click on it, you will open up their website. You may open a gambling or porn site. These sites may shock or upset you, or ask you for money.

