



# Scams, social networking and shopping

Internet Safety

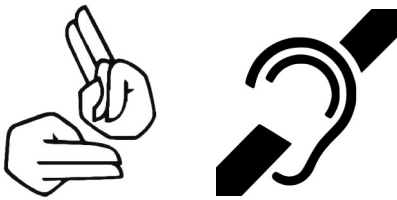




If you are in danger online call **999**.

If it is not an emergency call Police on **101**

or the **Adult Protection Phone Line**  
**01383 602200**



People who use British Sign Language or someone who has a hearing loss should text the SMS Emergency service if they are in danger.



To register for this service text the word **register** to 999.

You will get a text back with more information.

If it is not an emergency:

- text Police Scotland SMS 24 hour number
- or text Fife Council SMS number  
**07781 480 185**



Both these SMS services need you to register.

The Police SMS number will be sent to you when you have registered.



Get both registration forms at:  
[www.fife.gov.uk/adultprotection.](http://www.fife.gov.uk/adultprotection)

## Be careful where you click



Do not open links to sites you do not know.

Only allow automatic updates for apps that you trust.

Be very careful when clicking on free apps.

Some free services may have hidden costs.

## Easy Money



It is easy to spend more than you can afford which might leave you with debt.

Online or payday loans get you money very quickly, but have high interest rates that are hard to pay back.



Get money advice from:

Citizens Advice and Rights Fife on:

**03451 400 094**

or visit: [www.cabfife.org.uk](http://www.cabfife.org.uk)



## Scams

**Never** tell details of your bank account or your password or pin number.

No bank or building society will ever ask you to tell your bank account password or pin number.

**Never** send money as a 'fee' to claim a prize.



**Never** transfer money to anyone pretending to be your 'friend' who has had their money stolen on holiday.

**Never** let anyone have 'remote access' to your computer so that they can 'fix' it, unless you have arranged this.

## To report a scam

Call Police on **101**

Report online at:

[www.actionfraud.police.uk](http://www.actionfraud.police.uk)

Call Crimestoppers on **0800 555 111**

Read The Met Police guide:

['The Little Book of Big Scams'](#).

This is a guide to many of the scams happening in Britain.



## A fine romance



Online dating can be a great way to make connections with new people.

However 'romance scams' are common.

This is when you lose money to conmen and women who pretend to be in love with you so you will give them your money.



Think about who you are talking to online.

Some people lie about who they are.

It is really hard to know for sure who you are talking to online

Think carefully about meeting anyone you have talked to online.

Plan to meet them in a public place.



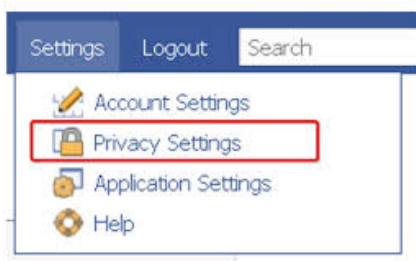
Tell someone you trust, where you are going.

Arrange for them to phone you at a certain time, to make sure that you are ok.



If you only want people you know to see information about you online, set your profile to 'private'.

If your profile is 'public' strangers can see it too.



## Social Networking



Think about what you post online.

Do not post your address, email or telephone number.

Keep those things private.



Think about who you invite to be an online 'friend' or who you accept a friend request from.



Don't be persuaded or bullied into changing your beliefs or views.

Be careful about clicking on links from a social networking post.



Most social networking sites have simple settings that give you control.

These websites give advice on social media privacy settings and safety:

[www.swgfl.org.uk](http://www.swgfl.org.uk) has safety checklists for Facebook, Twitter, Snapchat & Instagram.

[www.getsafeonline.org/social-networking](http://www.getsafeonline.org/social-networking)

[www.facebook.com/help](http://www.facebook.com/help)

[www.net-aware.org.uk](http://www.net-aware.org.uk)



## Shopping and banking



Some websites try to trick you by pretending to be a well known website but spell their name a bit different.

See how similar these are :

www.amazon.com      www.amazone.com

Always check the web address.



A safe website address will start with https: The S means 'secure'.

If it's not got the S don't use that website. It could be a trick.



Look for a Padlock symbol next to the web address. That means it's safe and secure.



Never send anyone your bank details in an email.

Use a secure payment site such as PayPal, or pay by credit card.

When shopping online, keep a note of what you have bought, where from and how much, and when it will be delivered.



For more information visit:

[www.friendsagainstscams.org.uk](http://www.friendsagainstscams.org.uk)

[www.financialfraudaction.org.uk/consumer](http://www.financialfraudaction.org.uk/consumer)

or call the Citizens Advice consumer helpline on **03454 04 05 06**.

If you or someone you know is at risk of harm or is being neglected,  
**call the Adult Protection Phone Line: 01383 602200**

Internet Safety support and advice:

[www.Staysafeonline.org](http://www.Staysafeonline.org)

[www.cyberaware.gov.uk/](http://www.cyberaware.gov.uk/)

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.Thinkuknow.co.uk](http://www.Thinkuknow.co.uk)



## Alternative Formats

Information about Fife Council can be made available in large print, braille, audio CD/tape and Gaelic on request by calling **03451 55 55 00**



### British Sign Language

please text (SMS) 07781 480 185



### BT Text Direct:

18001 01592 55 11 91

## Language lines

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Arabic خط هاتف اللغة العربية: 03451 55 55 77

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Bengali বাংলায় আলাপ করার জন্য টেলিফোন লাইন: 03451 55 55 99

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Cantonese 中文語言熱線電話: 03451 55 55 88

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Polish Polskojęzyczna linia telefoniczna: 03451 55 55 44

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Urdu اردو زبان کے لیے ٹیلیفون نمبر 03451 55 55 66

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