

TOTTENHAM HOTSPUR

Tottenham Hotspur Foundation *Young Person's Guide to Online Safety*

Welcome

At **Tottenham Hotspur Foundation**, we want everyone who takes part in our online activities to feel safe, respected, and supported.

The internet is a fantastic place to learn, connect, and have fun — but it can also have risks.

This guide explains:

- How you can stay safe online
- What we do to help protect you
- What to do if something worries or upsets you online

Our Promise to You

We promise to:

- Treat everyone with respect
- Keep your personal information private.
- Use only safe, approved online platforms.
- Listen and take you seriously if you tell us something is wrong.
- Never blame you for things that happen online — everyone can make mistakes.

What We Do Online

We use online tools to:

- Run sessions, workshops, or meetings
- Share resources, ideas, or learning materials.
- Keep in touch with you (with permission from your parent/carer if you're under 18).
- Celebrate achievements and events on social media (only if you and your parent/carer agree).

We always aim to make our online spaces safe, positive, and inclusive.



How to Stay Safe Online

Here are some simple ways you can protect yourself online:

- Think before you share – once a photo or message is sent, it's hard to control where it goes.
- Protect your passwords – keep them private, even from friends
- Be kind online – treat people the way you'd like to be treated.
- Only talk to people you know and trust – never meet someone in person who you only know online.
- Check your privacy settings – make sure your accounts are private.
- Take a break – if something online makes you feel bad, step away and talk to someone.

Things That Might Go Wrong

Sometimes things online can make people feel uncomfortable or unsafe.

This might include:

- Bullying, name-calling, or nasty messages.
- Someone asking you for personal information or pictures.
- Seeing upsetting or violent content.
- Feeling pressured to do something you don't want to.
- Scams or people pretending to be someone else.

If this happens, it is **not your fault**. You deserve support and help.

What To Do If You're Worried

If something online makes you feel unsafe, scared or uncomfortable:

- Don't reply or delete messages – take a screenshot if you can.
- Tell an adult you trust – like a parent, teacher, youth worker, or friend.
- Contact us – talk to our Safeguarding Manager or any member of our team.
- Report it – you can also report online abuse to:
 - ✓ CEOP (Child Exploitation and Online Protection Command):
www.ceop.police.uk
 - ✓ Childline: call 0800 1111 or visit www.childline.org.uk

We will always take your concerns seriously, and we'll work with you to make things right.





How We Keep You Safe

We make sure our team:

- Has training on online safety
- Uses secure, approved platforms only
- Gets consent before using photos or sharing anything online.
- Keeps records of online sessions for safety.
- Follows clear rules and codes of conduct to protect everyone.

Need to Talk?

If you are worried or concerned for a friend or someone you know, you can contact:

Blake Davison – Tottenham Hotspur Foundation Safeguarding Manager.

Email: Blake.Davison@tottenhamhotspur.com

Phone: 07353113316

Or talk to any staff member you trust — we're here to help.

Useful Links

- www.ceop.police.uk – report online abuse
- www.childline.org.uk – talk to someone 24/7
- www.thinkuknow.co.uk – online safety advice
- www.saferinternet.org.uk – advice and guidance for young people

Remember

You have the right to be safe and respected, both online and offline. If something doesn't feel right, it's okay to speak up. We're here to listen, believe you, and help you stay safe.

