

Online Safety Reminder

We would like to share a reminder with all our participants about best practice and safety when using the internet at this time, something we're all undoubtedly spending more time on while staying safe at home.

Below are some key things to always be aware of when engaging online. We want to be able to provide as much as possible for everyone through our website and social media channels during this time to help keep you physically and mentally active, but we want you all to be safe when doing so.

- Keep your personal information private; don't share your name, address, phone number, email, birthday, passwords or location.
- Think before you post, would you like to receive it or see it. Remember it's there forever you can't delete it.
- Do you know who you are talking to? Don't let strangers become a connection of yours through any of your online profiles.
- If you see or receive something that you don't like or makes you feel uncomfortable, tell someone.

For any questions on any of the above please email us on contact@lordstaverners.org and we hope you're enjoying all the activity we're sharing each week for you to take part in from home.