

## Help Lines:

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

for advice and help -  
telephone 0800 1111

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

for advice, help and reporting  
internet crimes

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

for support for all types of crime

Supported by:

**The Northern Echo**



# Ashleigh's Rules

**Ashleigh Hall was a student at Darlington College who died in tragic circumstances. Ashleigh's death came about through her social networking.**

Lots of people love using Facebook, Twitter and chat rooms. There is nothing wrong with chatting to your friends in this way. However, it's really important that you keep yourself safe, so we asked our students to give us their safeguarding tips:

- 1 If ever meeting up with somebody who is alien to you or your friends make sure that you meet them in a group of at least 2-3 and in a public, well lit and populated area.**
- 2 Inform somebody of where you are going and what time you should be back, also the name of who you are meeting.**

- 3 Don't accept anyone on social networking sites that you don't know.**
- 4 Remember never to trust anyone who you have met online, you don't know what they are capable of doing.**
- 5 Never tell a stranger on network sites or chat rooms anything personal about yourself, eg. Where you live, date of birth etc.**
- 6 Never meet anyone you don't know, simple as!**

