



# PETERBOROUGH UNITED FOOTBALL CLUB

www.theposh.com

## **Peterborough United Football Club** **Guidance for Children, Young people, or Adults at risk.**

The internet is a great place to learn and to have fun and stay connected to your friends. The best way to have fun is to make sure that you stay safe.

When you use the internet, social media and apps you should think about the below to keep yourself safe:

- If someone is not your friend in real life, they are not your friend on the internet.  
**Be careful when accepting friend requests.**
- Sometimes people on the internet are not who they say they are  
**If you are not 100% sure, do not risk it. Talk to an adult if you are worried**
- Remember to change your privacy settings so that only your friends can see information about you, your social media posts, and especially your photos.
- If someone is sending you messages or texts that you are uneasy about make sure you tell your parents, or an adult you trust.
- Remember that Peterborough United Football Club staff are professionals, just like your teachers. They should not be your friend on social media and should not be texting or messaging you directly.
- You can expect Club staff to plan activities via your parents or within group messages.
- You should not contact staff on their personal telephone numbers.
- Bullying can happen online too, and it is known as cyber-bullying. If you, or someone you know, has had this happen to them you should tell an adult that you can trust.
- Do not send or forward any indecent image of yourself, someone you know or any other. Even though it may seem like fun at the time this could have future consequences for yourself and cause unhappiness.
- Report any indecent image or video footage to the Internet Watch Foundation - they can have these removed <https://www.iwf.org.uk>

**Above everything do not be frightened to tell someone if you are worried or concerned by any online issue or messages.**

Remember to use [www.kooth.com](http://www.kooth.com) as a supportive resource – there are people there who can help and advise you.

Have a look at the Think You Know page on the internet for more information about staying safe online: <http://www.thinkuknow.co.uk>

You can email Designated Safeguarding staff in confidence:

Senior Safeguarding Manager – [bob.symns@theposh.com](mailto:bob.symns@theposh.com)

Club welfare officer- [liz.elsom@theposh.com](mailto:liz.elsom@theposh.com)

Academy safeguarding and player care manager – [Kayleigh.stent@theposh.com](mailto:Kayleigh.stent@theposh.com)

Designated Safeguarding officer – [james.baum@theposh.com](mailto:james.baum@theposh.com)

Designated Safeguarding officer – [matthew.dye@theposh.com](mailto:matthew.dye@theposh.com)



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The Weston Homes Stadium, London Road, Peterborough PE2 8AL  
Tel: +44 (0)1733 563947 Fax: +44 (0)1733 344140 Email: [info@theposh.com](mailto:info@theposh.com)



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Designated Safeguarding officer – [ryan.semple@theposh.com](mailto:ryan.semple@theposh.com)

Designated Safeguarding officer – [elio.salerno@theposh.com](mailto:elio.salerno@theposh.com)

Designated Safeguarding officer – [paolo.difabrizio@theposh.com](mailto:paolo.difabrizio@theposh.com)

Written by: Kayleigh Stent  
Academy Safeguarding and Player Care Manager

Authorised by:  
Liz Elsom  
Club Welfare Officer

Signed off by:  
Bob Symns  
Senior Safeguarding Manager  
&  
The Peterborough United Board

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