

TOPIC OF THE MONTH Online Safety

OCTOBER 2026 EDITION
25+ LEARNER EDITION

Your online feed: pause before you trust it, why is this important to do?

Social media and online platforms can keep you informed, connected, and entertained, but they can also influence your opinions and encourage quick decisions.

AI technology can now create highly convincing images, videos, and voices. Fraudsters may impersonate colleagues, friends, family members, or trusted organisations to gain your trust. Misleading, false, or harmful content can spread rapidly online.

You do not need to spot every fake. If something seems unusual, unexpected, or too good to be true, **pause before responding, verify the information through a trusted source, and seek advice if you are unsure.**



Are you currently following the 3-step online safety habit?

1 PAUSE

Pressure panic or excitement?
Stop. Do not click, approve pay, reply or share yet



Recognise the tactics – Stop Think Fraud

2 CHECK

Use another route. Call the person or organisation; inspect the account, offer and URL



Protect yourself | Take Five

3 PROTECT

Block, report save evidence, secure your accounts and tell someone you trust.



Report Harmful Content- We Help You Remove Content

What does Mis, Dis and Misunderstanding mean?

Incorrect information can spread in different ways:

Term	What it means	Example
Misinformation	Someone shares something inaccurate because they believe it is	Forwarding a health warning without checking it.
Disinformation	Someone deliberately creates or shares false information to mislead	Publishing a fake news story to influence opinions.
Misunderstanding	Information is interpreted differently from what was intended.	Reading an email and mistakenly thinking a meeting has been cancelled.

Remember: misinformation is shared by mistake; disinformation is shared to deceive. A misunderstanding is a mistake in interpreting the message. Before passing something on, check the source and ask for clarification if the meaning is unclear.



A guide to disinformation affecting local authorities and their communities | Local Government Association

AI deepfakes: verify the request

A deepfake is AI-generated or altered audio, video or imagery made to look real. It may imitate a manager, recruiter, friend or family member; damage someone's reputation; or support fraud.



- **Look for:** odd lip-sync, unnatural blinking, warped hands/text, strange shadows or a voice that feels 'nearly right'
- **But remember:** no single clue proves it. Strong fakes may look perfect
- **Best check:** find the original source and confirm any request using a known number or separate trusted channel.

Think before you upload a Photo to AI

Trends such as "make me an action figure" or "what would I look like in the 1980s?" can be fun, but check what you are sharing. Uploading several clear photos of your face to an AI app gives that service more personal information about you. Images can also be misused to create convincing fake pictures or videos of someone, sometimes called deepfakes or "AI clones"



Before joining a trend, check the app's privacy settings and how it uses uploaded images. Avoid sharing photos that show your address, workplace or other personal details. Do not upload someone else's photo without their permission.

AI can be fun?

You can try AI without uploading photos or sharing personal information. Ask it to help you be creative:



"Write a funny limerick about working in IT."

"Tell me a one-line joke about learning a new skill."

Ask the device to "Can you sing a song"

"Invent a name for a superhero whose power is fixing computer."

GET CREATIVE WITH AI

Fancy a quick brain challenge or a creative break? Try these prompts. A prompt is the instruction or question you type into an AI tool.



Test your brain

"Give me three riddles, one at a time. Wait for my answer before revealing the solution."



Choose your own adventure

"Create a short mystery story where I choose what happens next. Give me two choices at each stage."



Invent something useful

"Help me invent a gadget that makes studying easier. Give it a funny name."



Build an imaginary world

"Create a fictional town where everyone travels by bicycle. Describe a typical day."



Explore different viewpoints

"Give me three arguments for and against a four-day working week. Use clear language."



Create a character

"Invent a superhero whose special power is helping adults learn new skills."



Memory Check

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If a post makes you feel rushed, frightened or furious, that is your cue to pause.

How can you protect your space against harmful content?

LOCK – Privacy = Your digital boundaries

- Lock accounts: set profiles to private and review followers.
- Separate roles: review what employers, colleagues, tutors and customers can see; avoid posting live location, ID or travel plans.
- Secure logins: use unique passwords or passkeys and two-step verification. Never approve a login you did not start.
- Check permissions: limit camera, contacts and location access; keep work and personal information appropriately separated.

Social Media : how to use it safely | National Cyber Security Centre

Scam Signs

- A message may be fake even if it uses a real logo or appears to come from a friend.
- Red flags: urgency, secrecy, fake job/rental/ticket offers, 'guaranteed' investments, payment by crypto/gift card, login links, or requests for one-time codes.
- Do this: stop contact; check through the official app/site or a known number; never approve a login you did not start.
- If money went: contact your bank immediately, then report the fraud.

Recognise the tactics – Stop! Think Fraud

CHAT – Cyberbullying and harassment

- Repeated cruel messages, pile-ons, exclusion, threats, impersonation or sharing private content are not 'just banter'. They can affect learning, work and wellbeing.
- **SAVE:** screenshots, usernames, URLs, dates and times.
- **REPORT + BLOCK:** use the platform tools; tighten privacy settings.
- **TELL:** your Skills Coach, manager/HR or the Safeguarding Team. Do not retaliate or handle serious threats alone.

Reporting – UK Safer Internet Centre

CARE – Harmful content

- If content promotes self-harm, suicide, eating disorders, hatred, violence or abuse, you are allowed to leave. Curiosity does not mean consent.
- Step away: close it, mute keywords/accounts and reset recommendations.
- Report it: to the platform first; Report Harmful Content can help if the response is inadequate.
- Support your mind: talk to someone, reset recommendations and replace doom-scrolling with something grounding

Report Harmful Content – UK Safer Internet Centre

Sextortion: Their threat is the crime – It is not your fault

Sextortion is when someone threatens to share a nude or sexual image, video or deepfake of you unless you send money, more images or do something else. **It is not your fault and you are not alone.**

- **Do not pay or send anything else.**
- **Stop replying, but keep the messages as evidence.** Save usernames, links and screenshots of the threat. Do not save or share the image.
- **Tell a trusted adult or member of staff straight away.** Contact the TTP Safeguarding Team and report it to the police on **101**.
- Report and block the account. If money is involved, contact your bank and **Report Fraud**.
- **In immediate danger?** Call 999. If you feel you may harm yourself, call 999 or go to A&E.

Where to get help

- **Police.uk** – advice if you are being threatened
- **CEOP** – report sexual harm if you are under 18
- **Childline Report Remove** – help removing an image if you are under 18
- **Revenge Porn Helpline and StopNCII** – support for people aged 18 or over



Safeguarding at TTP

At College: Tell your skills Coach, Safeguarding Team or another trusted member of staff

At work: Tell your manager, HR, safeguarding contact or Skills Coach

If the concern is about that person, tell someone else you trust.

Safeguarding Support & Reporting →



Your Wellbeing, Safety & Support

Scan the QR code to access our wellbeing, safety and support Trello board.

Explore information and resources to help you look after your wellbeing, stay safe and find support.



Black History Month – **October 2026**

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**International
Day of Non-
Violence**

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**Rosh
Hashanah
(Judaism)
→ 13th**

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**World Mental
Health Day**

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**Navratri
→ 19th**

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**Anti-Slavery
Day (UK)**

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**Reformation
Day
Halloween
Samhain**