LIVE LIFE SAFE: Suzy Lamplugh Trust:

'So you got naked online

Click the logos opposite for quick access to the organisation websites and all the other awesome stuff they got up to this summer.

Dangerous on the roads whether you may be distracted from what you are doing or on your phone. Stick to well lit, busier streets with people and places to go to if you have any worries. Stick to busier routes!

Also see the Holm Guard App turns your mobile phone into a personal safety tool!

What other risks are associated to sexting?

Did you know it is against the law?

Taking a picture or video of someone U18, even if it’s of you. Technically, this is classed as ‘child sexual exploitation’.

If you are worried about your safety and need to speak to someone in Hampshire Police, visit the Hampshire Constabulary Website or www.childline.org.uk

If you are interested in becoming a volunteer police constable, visit the Hampshire Police Website.

To get you started here are some suggestions below, speak to your friends and share ways of staying safe together.

Are you concerned about your safety and need to speak to someone in Hampshire Police?

We have lots of advice in the support section below.

We’re worried about your safety and want to find out more about the cadets.

Martin Potgieter is a Volunteer Police Constable (VPC) and a Youth Voice Group member of Hampshire Constabulary. He is interested in community policing and has a ambition of being a police officer of Hampshire. He joined Hampshire Constabulary in April 2016.

Martin has been a VPC since April 2016. He has been involved in many youth programs such as a smartphone, tablet or laptop.

You could be prosecuted which means you will have a criminal record which could impact your life.

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