

This document has been written for children and young people who are involved in motorsport. Its aim is to help you understand the risks that are present in the online environment and what you can do to stay safe. The guide includes examples of online risks and explains what you can do to prevent these risks. It also explains what you can do if you witness or experience poor behaviours while you participating online in motorsport related activities.

What do we mean by online motorsport activities?

As part of your involvement in motorsport, you will probably use technology whether to chat with friends, make plans with Teams, monitor results, or practice. Your online motorsport activities might include:

- Being a member of a facebook group with your Club or Team.
- Being a member of more general sport-specific social media groups that provide information about the sport in general.
- Being involved in online chats with other young people who you know through the sport, e.g. snapchat conversations.
- Communicating with others via channels such as Discord
- WhatsApp groups set up by your Team
- Taking part in online SIM racing games and/or championships.

What does a safe online environment look and feel like?

All children and young people in motorsport should be able to take part in online activities and spaces without:

- Experiencing online bullying – this might take the form of name-calling, threats, teasing, or being embarrassed/humiliated.
- Witnessing poor online behaviours – as a member of an online community or group you might see posts which include inappropriate, derogatory or discriminatory language or memes.
- Receiving messages from people you don't know.
- Feeling pressured or persuaded to do something that you don't want to.
- Worrying about who can access your personal information



What steps can you take to stay safe online?

- Talk to your parents or guardians about the groups that you are joining. Teams and Clubs who communicate online with young people should send consent forms to parents to seek their permission for using online methods of communication.
- When you join an online community or group have a look for the rules for joining and/or the code of conduct. If you don't see one, ask the club or team that hosts the group if they have a social media code of conduct.
- Regularly check your social media privacy settings. This can help make sure your personal information and location is kept safe. Childline has developed useful guides on social media settings.
- It is recommended that you only follow the professional social media accounts for Teams, Clubs or individuals. For example, it is recommended that you follow Tom-the-mechanic instead of the personal account of Tom Smith which contains information about their personal and private life and which might expose you to content which is not suitable for young people.
- Try not to retaliate. If someone says something hurtful, threatening or offensive online, take a copy of the communication if you're able to do so without notifying others in the chat that you are doing this. Try not to get into an argument about the content but instead make a note of who has said what and report it using the information below.



**NEED TO
TALK?**



What to do if you're worried

Talk to someone you trust. If you're worried or made to feel uncomfortable following online communication, it is important to discuss your concerns with people around you who can help.

- Speak with your parent or guardian.
- Trusted adults like your driver-coach, Motorsport UK Club Safeguarding Officer, or Team Manager are there to help you.
- Childline is available 24-hours a day, 7 days a week with free and confidential advice. You can call the helpline on **0800 1111** or email them via their website here.
- The Motorsport UK Safeguarding Team can offer information and advice, they can be contacted by emailing safeguarding@motorsportuk.org or visit motorsportuk.org/the-sport/safeguarding for more information