

The SAFE programme.

VOLUNTEERING  **MATTERS**



- I have a good anti-virus programme on my computer.
- I know to only give my email address to people I know and trust.
- I know not to reply to emails that are asking me for information about myself.
- I know how to block and report emails from people that are nasty or scam emails.
- I have someone I can talk to when I am not sure or worried about my emails.

If you need any help with using email, then send a message to us on Facebook to Volunteering Matters Wales or email safe@volunteeringmatters.org.uk