

Keeping Safe Online

S
SHARE RESPONSIBLY
We all love to share photographs, fun things we're doing and much more.
Be careful what you share and always ask permission if somebody else is in the photo or video.

M
MANAGE your PRIVACY
If you're using apps that can communicate with others, turn on privacy.
Only let people you really know follow you unless you've asked permission from your parents.

A
ASK for HELP
Don't ever be worried about asking for help from someone you trust.
You will NOT be judged.

R
RESPECT OTHERS
Be kind.
Other people may have different opinions from you.
That's okay, but if they become abusive, take screenshots, block and report and tell an adult.

T
THINK CRITICALLY TRUST your INSTINCT
Is it true?
Does that person really know me?
Has that really happened?
Always question!

5 ways to get support if things go wrong

1. **Talk to someone you trust** like an adult, or you can always talk to a [Childline counsellor](#)
2. **Report bullying and abuse** directly to the [website or app](#)
3. **Delete things you've shared** that you're worried about, or find ways to hide them
4. **Tell the police** by making a [report to CEOP](#) if someone is threatening or blackmailing you
5. **Plan for the future** and change your privacy settings so it doesn't happen again

- **Think before you post**

Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.

- **Don't share personal details**

Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.

- **Watch out for phishing and scams**

Phishing is when someone tries to trick you into giving them information, like your password. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead.

- **Think about who you're talking to**

There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school.

- **Keep your device secure**

Make sure that you're keeping your information and device secure.

- **Never give out your password**

You should never give out your password or log-in information. Make sure you pick strong, easy to remember passwords.

- **Cover your webcam**

Some viruses will let someone access your webcam without you knowing, so make sure you cover your webcam whenever you're not using it.

To find out more about keeping safe online take a look at these links.

[Child line Online Safety](#)

[Think u Know Online Safety](#)

[Internet Matters Online Safety](#)

[National Online Safety – Information about Apps and Social Media](#)