

E-Safety

Staying Safe Online: Top 10 Tips

- 1) Don't post any personal information online – like your address, email address or mobile number.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- 3) Keep your privacy settings as high as possible
- 4) Never give out your passwords
- 5) Don't befriend people you don't know
- 6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
- 7) Remember that not everyone online is who they say they are
- 8) Think carefully about what you say before you post something online
- 9) Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
- 10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and **tell a trusted adult immediately.**

Mobile Phone Safety

- 1) Remember if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to someone about it. **Talk to a trusted adult at home or at school.**
- 2) Don't reply to any nasty messages you receive.
- 3) Don't reply to a text from someone you don't know.
- 4) Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.
- 5) Don't answer calls from withheld numbers or numbers you don't recognise, let it go to voicemail.
- 6) Block numbers from people who are sending you nasty messages.
- 7) If you are bullied repeatedly can change your number.
- 8) Don't give your mobile number to someone you don't know.
- 9) Don't send pictures to someone you don't know.
- 10) If the problem is serious you can report it to the police, cyber mentors, or childline.

<http://www.thinkuknow.co.uk>

<https://cybermentors.org.uk/>

<http://www.childline.org.uk/talk/Pages/Talk.aspx>

What should you do if you are being bullied online?

- 1) **Tell an adult you trust** if you are being cyberbullied
- 2) Don't respond or retaliate to bullying messages – it could make things worse
- 3) Block users who send you nasty messages

- 4) Save abusive emails or messages (or texts) you receive
- 5) Make a note of dates and times you receive bullying messages, as well as details you have of the user's ID and the url.
- 6) Don't pass on any cyberbullying videos or messages – this is cyberbullying
- 7) If you are bullied repeatedly change your user ID, or profile, and use a name that doesn't give any information away about you
- 8) Visit CyberMentors <https://cybermentors.org.uk/> – you can report any cyberbullying you see to cybermentors even if it isn't targeted at you.
- 9) You can talk to someone at Child Line or get online safety advice at <http://www.childline.org.uk/talk/Pages/Talk.aspx>
- 10) <http://www.thinkuknow.co.uk/> is another very useful website for children and young people staying safe online