

E-Safety - Help!

What should I do?

To keep yourself safe when using the internet and mobile devices use these simple rules:

Never give out personal details to online 'friends'. Use a nickname when logging on and don't share full name, email address, mobile number, school name and any photos - any picture or video online can be changed or shared without permission.

Be aware of "stranger danger". People online can pretend to be someone else to gain your trust and confidence.

Don't keep online experiences secret - share your online experiences with family or friends - remember your real friends can help

Beware of what you share (i.e. no inappropriate words, images or videos).

Think: "Would I be embarrassed if my family or friends saw this?"

Learn how to respond to negative words, messages, images or video that upset you. Tell a trusted adult and then take steps to avoid this being repeated...

Delete spam, junk emails and texts that are not true.

Don't reply or send them to anyone else.

When in doubt ask a trusted adult how to deal with it.

Don't open files sent from people you don't know.

They could contain a virus, or worse - an inappropriate image or film.

Talk to a trusted adult before responding to any suggestions that make you feel uncomfortable.

An online 'friend' is anyone you have not met in real life; no matter how long you have been friends with them.

Remember that online 'friends' can lie and will try to convince and influence you 'to do things that you would not normally do'.

Keep online 'mates' online.

Never meet up with any online 'friends' without an adult you trust.

Know how to block or "unfriend" anyone who makes them feel unhappy online and report any behaviour that you feel uncomfortable with.

Useful websites:

www.safety.lgfl.net

www.ceop.gov.uk

www.thinkuknow.co.uk

<http://www.digitallyconfident.org/>

<http://www.childnet.com/resources/kia/>



Remember it's never too late to tell someone when someone or something makes you feel uncomfortable.



Don't blame, support the victim and give them your trust.

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