

STAYING SAFE ONLINE



Respect others and respect yourself...

- Be careful what you say online and what images you send
- Ask permission before you upload a photo or video of someone else
- Whatever you share will end up out of your control – it can be made public very quickly and could be online forever, so think carefully about who you are sharing with
- Don't meet up with any strangers without an adult you trust or a group of friends



Protect your own privacy...

- The safe way to use sites like Instagram is to use them to keep in touch with your real friends, not to meet strangers – “friends” online may not be who they say they are!
- Make sure you only ever give your mobile number, email address or other personal details to real world friends who you trust
- Make sure you use privacy settings and pick a strong password



Beat the bullies...

- It's easy to get caught up in the wrong thing online, so try not to give in to pressure
- Remember that what you do online may have consequences offline
- If you get bullied, don't retaliate or reply – save the evidence (e.g. take a screenshot) and tell someone
- If you see someone else being bullied online, support them - do what you can to help them out