

Keep personal information private, don't tell anyone...

- Your full name
- Your address
- Your school or show them pictures of you in your school uniform
- Your phone number
- Your favourite places to go in your free time

Block

If anyone sends you a nasty message or says something that makes you feel uncomfortable – make sure you let your parents or a trusted adult know straight away. Don't open any pictures or attachments they have sent you.

Always block and delete e-mails from people you don't know.

Report

If you see anything online that upsets you or if anyone asks to meet you, tell your parents or a trusted adult straight away. If you are worried or unhappy about anything you've seen, don't worry, you won't be in trouble – just make sure your parents or a trusted adult know so they can help.

If a friend you have made online asks to meet you in real life, tell your parents or a trusted adult straight away. You should never meet up with someone you have met online without an adult as it could be dangerous. Tell your family about the Internet Watch Foundation - www.iwf.org.uk where they can report horrible things.

Filter

Ask your family to install a filter on your PC. Filters will never be able to remove all nasty things but they are a very good start to keeping you safe online.

Most adults with children choose to install filters but over the last three years this has dropped to the point where almost 60% of children are using the internet without filters in the home – so make sure you ask your parents to do this.

Remember

Remember, don't be scared – most people are friendly and very few of them are nasty – but you can never be too sure, so it's better to be safe than sorry.

Always remember, if in doubt, speak to your parents, a trusted adult or your teacher.

