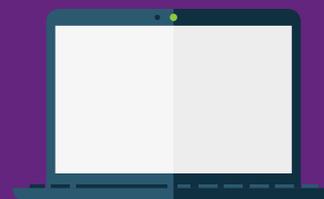


ONLINE SAFETY TIPS FOR CHILDREN



The internet is a great place to connect with others and learn new things. However, there are risks to be aware of, so here are some tips to help you stay safe and act responsibly.

1 DON'T SHARE PERSONAL INFORMATION

Keep safe. Don't give out personal information when you're chatting online or posting messages on social media. Don't share your home address, email address, phone number or passwords.

2 DON'T MEET STRANGERS



Meeting someone you have only been in touch with online can be dangerous. Online friends are still strangers even if you have been talking to them for a long time. Only meet someone with your parents' or carers' permission and only when your parents' or carers' are with you.

3 DON'T OPEN UNKNOWN FILES

Be careful. Think before opening emails, messages, images or files from people you don't know - they may contain viruses or nasty messages.

4 BEWARE OF LIES

Unfortunately, not everyone tells the truth on the internet. Some people online lie about who they are and information about them on the internet may not be true.

5 DON'T SHARE PICTURES OR VIDEOS YOU DON'T WANT TO

Any messages, photos or videos posted on social media can be shared publicly by anyone and can remain on the internet forever. Think before you post. Don't post anything you may regret in the future. Once you've pressed 'send' you can't take it back.

If someone is pressurising you to share messages, photos or videos you don't wish to, stay in control and don't give into their demands. Tell a friend you trust, teacher or family member and they can help support and advise you.

6 KEEP WITHIN THE LAW

Only use reliable online service providers to ensure that the music, film and TV content you are accessing is legal.

7 TELL SOMEONE YOU TRUST

Tell a parent, carer or a trusted adult if someone, or something, makes you upset or worried, or if one of your friends is being bullied online. In serious cases, you can report an incident to social media providers and use blocking and deleting tools on your device.

For further information about staying safe online, please visit:

- CBBC Stay Safe: www.bbc.com/ownit
- Childline: www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online