

ONLINE SAFETY

HOW TO KEEP SAFE ONLINE



Here are some things to consider:



What could they find out?

If you post stuff online, think about how much people could find out about you from it. Have you posted about your favourite music or sports? Remember, people do lie online and the more information they have about you the easier it is for them to try to trick you.

Don't say too much

If you're chatting to someone, don't tell them anything which could help them find you in the real world – things like your full name, school, email address or even photos. Remember, even if you've been chatting for ages you still can't be sure that they aren't up to no good.



Be careful on camera

It can be unsafe to video chat with people you meet online. Some people online will threaten to share a private video or picture with other people if you don't do what they say. If anyone threatens you in this way they are breaking the law and you should report them to CEOP. Whatever has happened, you won't be in trouble!

Don't meet up without an adult you trust

People do lie online so it's always risky to meet up face to face with someone you've met online. If you do meet up with someone, make sure you do it in a busy public place and take an adult you trust with you. If you take a friend you could put them at risk as well. Tell the person you're meeting you want to meet in a public place and that you're bringing an adult with you. Anyone who genuinely wants to be friends should understand that you want to make sure you are safe.



Block and report

Most websites you can chat on will let you 'block' other people if don't want to talk to them anymore. Learn how to do this on any sites and apps you use. If someone makes you feel uncomfortable or upset 'block' them.

Know how to report

No matter how long you've been chatting and whatever has happened it's never too late to seek help if someone starts being weird with you, makes you feel uncomfortable, worried or frightened. If you don't want to talk to an adult you trust you can always phone Childline on **0800 1111** or report to CEOP. They will understand and be able to help. You won't be in trouble.

