

INTERNET SAFETY

how safe are you on the internet?



The internet is a really good place to be!

You can download music, keep up-to-date with your mates, play games, keep up with the latest information, check your emails and (even though it's not so fun) you can search for information to help you with your homework.

'but how can you stay safe while you are on the internet?'

It might not be something that you worry about often but have you ever thought about the bad things that can come from going online?

Cyber bullying

- Cyber bullying has grown over the last few years
- It can happen over text messaging, social networking sites (Facebook, Instagram), instant messaging (Snapchat, BBM), email, online gaming and chat rooms
- It can also be anonymous and so can be harder to stop
- More people can get involved with the bullying, often through setting up hate sites

'If you or someone you know is a victim of cyber bullying you need to report it. Try and do this through a teacher or other trusted adult. If you think the situation is serious you can also report it to the police to investigate.'

Stranger danger?

How many people that you have contact with online do you know in real life?

- Do you visit any social networking sites like Facebook or Instagram, Snapchat or play online games through your Xbox, Wii, PSP or Playstation?
- Do you have any contacts on these sites that you have never met in real life?
- How much do you really know about these people?

'Always remember, you may have friends you have met online but if you don't know them in real life they are still a stranger.' Never give out information about yourself, your school or your family. We wouldn't advise you to meet a person you've met online, but if you do, always meet in a public place and take an adult with you that you trust.

Top tips to stay safe on the internet...

- Always use a nick name instead of your real name
- Don't give out any personal details e.g. your name, address, age or phone number
- Always think twice about putting your photo on the internet. Your image can be taken, changed and sent around your friends, school or the world. Also think about what you look like on the picture; if you think you might be embarrassed at a later date don't upload it - once it is out there it is out there forever!
- Always keep your passwords to yourself
- Always save any evidence of bullying such as web pages or any blogs

Help and more information...

If anything happens to you while you're online that you don't like and you don't feel you can talk to anyone you know about it, try calling Childline on 0800 11 11 for confidential advice and support, the call is free and lines are open 24/7.

If you receive any messages, pictures or clips that you don't like or think are wrong, report them at www.ceop.gov.uk via the REPORT IT button on this website.

For more information about staying safe on the internet visit the following websites:

- www.thinkuknow.co.uk
- www.chatdanger.com
- www.digizen.org