

Top Ten Tips for Online Safety

1. Ground Rules

Make sure you have clear ground rules about your online activity. You should make these with your parents and talk about them regularly. Ground rules may include what you use the internet for, where in your house you use the internet, how long you will spend online and how you will behave online.

2. Posting

Whenever you are about to post something online, pause and imagine someone you love or respect reading the post or looking at the photo. If you wouldn't want them to see it - don't do it.

3. Respect Others

Even if you don't agree with someone or don't like something that they have posted, you don't need to be rude. Think about how they would react if you said it to their face and think about how you would feel if it happened to you.

4. Personal Information

Use a nickname rather than your real name and don't reveal personal information such as how old you are, where you live, your school, your email address or your phone number.

5. Privacy

Review your privacy settings regularly with your parents and keep them as high as possible.

6. Passwords

Don't give your passwords to your friends. **Do** share your passwords with your parents and go through your online activity with your parents regularly - they will need to do this to make sure that you are staying safe online.

7. Trust

Remember that not everyone online is who they say they are. Never agree to meet someone who you have met online. Talk to your parents or another trusted adult if someone asks you to.

8. Downloading

Always ask your parents or another trusted adult if you want to download something. It may contain a virus that can harm your computer.

9. Age

If there is a recommended age for a website, app or game, it is there for a reason. Check out why on Common Sense Media <https://www.commonsensemedia.org/>.

10. Report

TELL AN ADULT YOU TRUST if you are upset or worried about something that has happened online.