Thirsk Community Primary School

Staying Safe Online: Top 10 Tips

1) Don't post any personal information online – like your address, email address or mobile number.

2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.

3) Keep your privacy settings as high as possible

4) Never give out your passwords

5) Don't befriend people you don't know

6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do

7) Remember that not everyone online is who they say they are

8) Think carefully about what you say before you post something online

9) Respect other people's views, even if you don't agree with someone else's views it doesn't mean you need to be rude

10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and **tell a trusted adult immediately.**

Mobile Phone Safety

1) Remember if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to someone about it. **Talk to a trusted adult at home or at school.**

2) Don't reply to any nasty messages you receive.

3) Don't reply to a text from someone you don't know.

4) Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.

5) Don't answer calls from withheld numbers or numbers you don't recognise, let it go to voicemail.

6) Block numbers from people who are sending you nasty messages.

7) If you are bullied repeatedly can change your number.

8) Don't give your mobile number to someone you don't know.

9) Don't send pictures to someone you don't know.

10) If the problem is serious you can report it to the police, cyber mentors, or childline.

http://www.thinkuknow.co.uk

https://cybermentors.org.uk/

http://www.childline.org.uk/talk/Pages/Talk.aspx

What should you do if you are being bullied online?

1) **Tell an adult you trust** if you are being cyberbullied

2) Don't respond or retaliate to bullying messages – it could make things worse

3) Block users who send you nasty messages

4) Save abusive emails or messages (or texts) you receive

5) Make a note of dates and times you receive bullying messages, as well as details you have of the user's ID and the url.

6) Don't pass on any cyberbullying videos or messages – this is cyberbullying

7) If you are bullied repeatedly change your user ID, or profile, and use a name that doesn't give any information away about you

8) Visit CyberMentors https://cybermentors.org.uk/ – you can report any cyberbullying you see to cybermentors even if it isn't targeted at you.

9) You can talk to someone at Child Line or get online safety advice at http://www.childline.org.uk/talk/Pages/Talk.aspx

10) http://www.thinkuknow.co.uk/ is another very useful website for children and young people staying safe online