

# Top tips to stay safe online

#### 1. Do not post or give out any personal information that could identify you.

- This includes your name, your address and pictures or links to your school
- Don't post details of where you're going to be at particular time
- Make sure you use the security and privacy features on your social networks, so you only share what you want with who you want.

#### 2. Don't arrange to meet anyone you're only ever met online.

You can:

- Say No
- Tell Tell your trusted adult
- If your trusted adult says you may go, take them with you and meet in a public place

#### 3. Learn how to block and report people on every chat app. you use.

You should:

- Only add people you know in the real world
- Don't get involved in online arguments. Once it's said online it can be there forever
- Don't join in with online bullying just because others do it, be the better person
- Use an avatar as your profile pic, rather than a photo of you
- Only post comments and photos/videos you'd be happy for your parents to see

### 4. Don't open emails from people / places you don't know.

Remember:

- Only give out your email address to people you know or on official forms
- If you're not sure have a second disposable email address for spam, you can always change it to your 'personal' address later
- Many viruses, malware and ransomware and other and similar files are spread by emails
- Phishing and scam emails are extremely common, if it sounds too good to be true it probably is

## 5. Keep your device secure with the latest security updates and virus protection.

• The latest anti-virus software with the latest virus definitions is essential. This includes everything that connects to the internet like your computer, tablet or phone.

## 6. Suspicious or abusive activity on the internet can be reported by the following methods:

www.IWF.org (Illegal websites) www.ceop.police.uk/Ceop-Report (advice and make a report) www.beatbullying.org (anti bullying)

7. Advice for parents and children is available from the following: www.ceop.police.uk/safety-centre - www.getsafeonline.org www.commonsensemedia.org (what's good/safe to see and do) www.vodafone.com/content/parents.html (for parents) www.parentport.org.uk (for parents) www.childnet.com (general advice).