

Cyber advice for children



- 1** It is wrong to text, write or post anything that deliberately upsets another person.
- 2** Think about how a message would make you feel if it was about you.
- 3** If you do see or receive a message that worries or upsets you then tell a grown up straight away.
- 4** If you know another person is receiving messages which concern or upset them, then tell a grown up straight away.
- 5** Always get a grown up's permission before using the internet or playing games.
- 6** Be careful not to put too much information about yourself on the internet, when you are playing online games for example.
- 7** Do not give your name, age, address, email, phone number or school name when on the internet.
- 8** Remember that people using the internet can lie about who they are and they can pretend to be someone that they are not.
- 9** If you feel unsure or concerned about anything on the internet, tell a grown up.



Safe - Stay safe by being careful not to give out personal information to people you are chatting with online.

Meeting - Meeting someone who you have only been in touch with online can be dangerous. Only do so with your parents' permission and only when they can accompany you.

Accepting - Accepting emails, instant messages or opening files and pictures from people you don't know or trust can lead to problems - they may contain viruses or nasty messages!

Reliable - Information you find on the internet may not be true, or someone online may be lying about who they are.

Tell - Tell your parent, carer or an adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.