

Be Happy, Be Healthy, Be Safe

:) report it

PASSWORDS - Keep your passwords safe. Don't even let your friends know your password. Use a mix of numbers, lower case letters and capitals. Use different passwords for different accounts.

PERSONAL INFORMATION - Don't give out information about yourself or someone else, e.g. e-mail address, home address, telephone number or the school you/they go to. Keep any online profile you have private.

PHOTOGRAPHS - Make sure you don't post pictures of yourself or others in school uniform. Keep your pictures and your friends' pictures private. Don't post or forward photographs of others without their permission.

MEETING PEOPLE - Don't arrange to meet someone in person that you have only met online. If you do meet them, make sure you take a responsible adult with you and never another child. Remember, people can hide who they really are online and can pretend to be someone else.

TELL - Tell an adult you trust and/or report it if something or someone makes you feel uncomfortable or worried. Don't reply. Remember, you are in control.

THINK BEFORE YOU POST - Anything you post or text can be seen by anyone and passed on to anyone. Don't post anything you wouldn't want your parents or a potential employer to see.

SAVE IT - Save, take a screenshot of, or print out any online content, message, or voicemail that makes you feel uncomfortable. Report it and/or tell an adult that you trust.

RESPECT OTHER PEOPLE - Don't be insulting towards other people. Don't start it, forward it, or comment on it. Report it! Cyberbullying is illegal.

ICT USE IS NOT ANONYMOUS - If you post something it can always be traced back to you.

<http://www.nhgs.co.uk/ReportIT>

For more information:
www.thinkuknow.co.uk
Childline:0800 1111

