

### How to protect yourself –

- **Never share personal information online** such as your password, name, address or information about your family to anyone you don't know.
- **Choose safe screen names.** When you're creating screen names, avoid using identifiable information like your name, birthday, city, etc.
- **It's not safe to meet someone you have only 'met' online;** some people pretend to be someone they're not. If someone online keeps pressurising you to meet up, tell a trusted adult.
- **Log out.** If you log on using a public computer, log out before leaving.

### Online behaviour –

- **Never participate in cyberbullying.** Don't send mean or threatening messages online.
- **Don't respond to, or engage with, mean or threatening messages** if you receive them. Talk to a trusted adult about how to resolve the situation.
- **Don't post photos or videos without thinking things through.** Posts can contain location codes showing where and when the photo/video was taken and reveal personal information about you, like your address. Before posting or sharing photos online, talk to a trusted adult to check.
- **Never upload explicit photos/videos of yourself or ask other people to share their explicit photos/videos.**

### Think Twice –

- **Be wary of online contests or "freebies"** - these are a common way for scammers to get your personal information. Don't click links, download attachments, or provide personal information such as your name, phone number, address, passwords, etc. without advice from a trusted adult.
- **Don't download attachments or click links from anyone you don't know.** Attachments, links or other downloads can have viruses attached that can harm your devices or steal your personal information.
- **Nothing online is private.** Everything you share via private messaging, text, Snapchat, or "disappearing" message tools can be discovered online. Don't share anything online that you wouldn't be comfortable having made public.

**Remember – Ask for help if you feel uncomfortable or scared.** Scammers may try to frighten you into clicking a link or sharing personal information. You don't have to respond to anyone online and you don't have to click anything you don't want to click. If you're not sure, talk to a trusted adult.

### Link for Parents and Carers of children

<https://www.childrenscommissioner.gov.uk/resource/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/>