

TOP TIPS TO STAY SAFE ONLINE

There are lots of things you can do to keep yourself safe online.

➤ **Don't share personal details**

Keep things like your address, phone number, full name, school and date of birth plus any **locations private**, and check what people can see in your privacy settings.

Remember that people can use small clues like a school logo in a photo to find out a lot about you.

➤ **Never give out your password**

You should never give out your password or log-in information. Make sure you pick **strong passwords** using a combination of letters / numbers and symbols.

➤ **Think before you post**

Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, **you lose control of it**, especially if someone else screenshots or shares it.

➤ **Think about who you're talking to**

There are lots of ways that people **try to trick you** into trusting them online, they may even pretend to be someone they're not. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school.

➤ **Watch out for phishing and scams**

Phishing is when someone tries to **trick you into giving them information**, like your password. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine.

➤ **Beware of age restrictions**

Before downloading any new apps, always check the age rating of the app with your parent or carer. Never download any apps which you are too young for as it **may contain things which aren't safe** for you to see.

What to do if you need support

Here are 5 ways to get support if things go wrong online...

1. Talk to one of your trusted adults e.g. parents, carers, siblings, teachers, coaches if anything is worrying you about yourself or a friend.
2. Report your concern directly to the website or app.
3. Block anyone who is making you feel unsafe online.
4. Plan for the future. Change your privacy settings and review your online activity so it doesn't happen again.
5. If you or a trusted adult need further help and advice contact:

NSPCC Helpline - 0808 800 5000 help@nspcc.org.uk

NSPCC Childline - 0800 11 11 childline.org.uk