



Staying Safe Online

When you have access to the internet – through your phone, computer, laptop, tablet, games console etc. – It's really important that you know how to stay safe online.



We have had lots of lessons, assemblies and parent workshops on how to do this but it's important you know what to do to stay safe.

Don't give out any personal information about yourself or others

This includes your name, age, school, address, as well as photos and videos of yourself. If you have an account that needs a profile picture, use an avatar (a cartoon). Don't give out anyone else's details either.

Don't agree to meet up with anyone online

If ever your online friends ask you to, tell a responsible adult and show them the message.

Be careful which links you open

Sometimes, links will pop up on your screen, asking you to click them, often telling you that you have won something or that you need to update something or contact someone. Don't click anything and show it to your responsible adult.

Make a positive digital footprint

Be kind and remember that everything you post/ do online can stay there for a very long time. Think carefully about what you put up.

Know which apps and websites are suitable for you!

There are lots of apps that older children have that you shouldn't have accounts for. This is why lots of apps have age restrictions like:

- Facebook – 13 years and over
- Instagram – 13 years and over
- Snapchat – 13 years and over
- Tik Tok – 13 years and over
- WhatsApp – 16 years and over

These age restrictions are there to keep you safe! If your responsible adult says it is okay for you to have one of these accounts, you need to make them private because otherwise, anyone can see you and that isn't safe. If you're not sure how to do this, visit www.saferinternet.org.uk/advice-centre/social-media-guides.

You can also visit www.thinkuknow.co.uk for further advice.

If ever you feel like something isn't right, report it

All apps and websites have a button where you can report if someone has said or done something that doesn't make you feel right. If this happens, don't do anything and show your responsible adult straight away. They can then help you report it.

As well as through the website, you can report online concerns to:

www.ceop.police.uk

www.childline.org.uk

The internet is amazing. Use it safely!

From Miss Martin