

If you don't feel that you can tell an adult that you know, then there are other people that can help you.

Useful websites

Bullying.co.uk – this is a website where trained counsellors can support you if you are being bullied, either by chatting online or by calling their free helpline. You can also find some top tips on how to stay safe

<http://www.bullying.co.uk/>

Child Line - message us for support and advice on online safety or and other worries -

<http://www.childline.org.uk/talk/Pages/Talk.aspx>

You can follow the link to the Child Line website where you can access lots of useful information, advice and support

www.childline.org.uk

Think you Know is another very useful website to support children and young people staying safe online

<http://www.thinkuknow.co.uk/>

If you want to speak to someone, you can contact national help lines:-

NSPCC Helpline - 0808 800 5000

Child line - 0800 1111

**In an emergency
dial 999 and ask for the police**

**If something worries you -
don't do nothing...
speak to someone who can
help**

For further information, advice and support visit the Governments CEOPS website where there is lots of useful information for you.

The link is www.ceop.police.uk.

On the CEOP website, you can report what is happening to you.

Some internet sites display the CEOP symbol below.

By clicking on the symbol, you can report anything that may be worrying you



www.safeguardingchildren.stoke.gov.uk

Top Tips for Staying Safe Online

Being online and using the internet can feel just like being in the real world - you can chat to people, play games and share pictures.
But just like in the real world - you need to stay safe



Being online and using the internet can feel just like being in the real world ...

you can chat to people, play games and share pictures.

There are some great people on the internet, but there are also some people who use the internet for the wrong reasons, or who have dangerous intentions towards children and young people.

For example, some people may :-

- pretend to be much younger than they really are in order to talk to you and make friends with you.
- start off by being nice to you, but then say nasty things to you.
- start talking about things that make you feel uncomfortable or out of your depth.
- ask you to do things that you don't want

This is not acceptable.

This is not your fault.

If this is happening to you or someone you know, please tell an adult that you trust

Top Ten Tips for Staying Safe Online

1. Don't give out personal details

When you are chatting online, avoid giving personal details such as your mobile number, address or e-mail address. Don't tell people your last name, the name of your school, sports teams, the area where you live or where you hang out.

2. Think carefully before posting pictures or videos of yourself.

Once you've put a picture of yourself online strangers can see it and may be able to download it, it's not just yours any-more. It can be downloaded by anyone and passed around or posted online pretty much forever.

Before uploading a photo, think about how you would feel if it was seen by your parent or grandparent, a friend's parent, a teacher or even a future employer. If you wouldn't want any of those people to see this photo – then don't put it on the internet for the world to see.

3. Keep your privacy settings as high as possible

Check your privacy settings regularly. If you don't use privacy settings, then anyone can see your details, including people who may not have good intentions.

4. Never give out your passwords

You should never tell anyone other than your parents, what your password is, not even your best friend.

5. Don't make friends with people you don't know

Check to see if the site has a friends list that allows you to control who can see the information on your profile or blog. If it does, you should only accept people you know and really trust as friends.

6. Don't meet up with people you've met online.

If you have only met a person in the "internet world" then you don't know who they really are and people can pretend to be anyone and any age. Speak to your parent or carer if people you don't know do ask you to meet up with them

7. Remember that not everyone online is who they say they are.

Sometimes people may pretend to be younger than they really are to try and make friends with you. You should also not pretend to be someone that you are not. For example, you shouldn't lie about your age. Membership rules are there to protect you. If you are too young to sign up, talk with your parents about other sites that may be more suited to your age group.

8. Think carefully about what you say before you post something online

Behind the blogs and social media sites are real people with real feelings. If you talk about someone online, think about whether you would feel embarrassed or ashamed if you saw them in person. If so, you may want to ask again, why am I posting this?

9. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be.

If you allow people on your profile or blog, check them so you can delete any comments you don't like. Don't respond to mean or embarrassing comments. If possible, block our any offensive people from commenting further.

10. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to, and tell an adult you trust immediately.

If someone you are talking to online does or says something that makes you feel upset, worried or uncomfortable,; if someone is asking you to do things that you don't want to, then you must tell someone.

You can tell your parent or carer, teacher, a youth worker or another adult that you feel you can trust.

Save any messages that have upset you so that you can show the person who you tell. They should be able to give you advice about what to do.

Don't worry about being in trouble – you are not the one who has done anything wrong.