

- Remember everyone you meet online is a stranger even if they might seem like a friend.
- Always use a nickname when you log on and **never** give out any personal details that would allow someone you meet on line to contact you. *This means full name, home or school address, telephone or mobile number or personal email. It also includes not saying your favourite places to eat or play sport.*
- Never arrange to meet alone someone you make friends with online. They may not be who they say they are. If you are going anyway take an adult you trust and meet in a public place.
- Try to have your own online conversations in public. People are less likely to hassle you if other people can see you doing it.
- Accepting emails or opening files from people you don't really know can get you into trouble – they may contain viruses, nasty messages or annoying links to stuff you don't want to see.
- Talk to an adult e.g. Tutor, Pupil Support Officer, or anyone you know well, and ask for help if you're worried or upset about anything you've seen or been sent online.
- You can also directly report any unsuitable material or behaviour to the child exploitation online protection service (CEOPS) or the internet watch foundation.