

be-safe



Keep yourself safe online when you use the internet to chat, surf or blog

- Use a clever nickname – not your real name
- Don't give out any personal information, like your name, age, address, school or where you hang out or pictures of yourself
- Don't meet online friends in person on your own – take an adult or friend with you
- Never be rude or bully anyone and if you are being bullied – tell someone
- Filter out bad emails and sites – ask an adult to set up parental controls on you computer
- Don't download or open files from people you don't know – they may contain viruses
- Remember not everything you read or see online is true

Call (020) 8871 6622 www.wscb.org.uk

Illustration by Adrian Thompson of South Thames College

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KEEP SAFE
DON'T GIVE
INFO ABOUT YOU

Follow these tips when you use the internet to chat, surf or blog and keep yourself safe online

- Trust your feelings – tell an adult if you are worried or nervous about anything online
- Never be rude or bully anyone and if you are being bullied – tell someone
- Don't download or open files from people you don't know – they may contain viruses
- Filter out bad emails and sites – ask an adult to help you set up parental controls on you computer
- Use a clever nickname – not your real name
- Don't give out any personal information, like your name, age, address, school or where you play or pictures of yourself
- Don't meet online friends in person on your own – take an adult or friend with you
- Remember not everything you read or see online is true

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Illustration by Isabelle Paxton of Penwortham After School Care
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