

Top Tips from young people



For young people:

- Don't add people you don't know to Facebook / Twitter / Instagram etc unless you know them
- Check your privacy settings on social networking sites - think - who can see your info?
- Never give out ANY personal details online
- If you are being 'cyber bullied' keep all the evidence and tell a trusted adult or use the report it button
- Block anybody who sends you stuff you don't like
- Don't reply to abusive messages / emails
- Regularly check your friends lists to make sure you know everyone in it - delete anyone you don't know
- If anything makes you feel scared or uncomfortable while you are online tell a trusted adult or use the report it button
- Think before you send a message - they can sometimes be taken the wrong way
- NEVER meet someone that you have only met online
- Always think twice before putting your picture online, people can copy it, edit it and use it for other things

For parents:

- Respect your children's privacy - do not 'snoop' in their phone / websites
- Watch out for any changes in your child. If you see any, share your concerns with the school to see if they have noticed anything
- 'Clean' your child's friend list **with** them
- If your child is being bullied, support them - don't punish them by taking away their mobile / internet access - it's not their fault
- Show an interest - find out what websites they are going on
- Tell them to keep pass words and personal details safe
- Get a good firewall and use parental blocks where appropriate
- Tell them to show you any messages they don't like
- Help them feel comfortable talking to you - make sure they know they can talk to you about anything
- Tell them where else they can go if they don't feel comfortable talking to you about stuff (report button / childline etc)
- Remember they can access the internet through loads of devices including games consoles

