

# USING THE INTERNET!

## Do you think you know how you can stay safe when you are using the internet?

Staying in control is about knowing that some people use the internet to be nasty to others.

In this section, we have lots of information for you about the internet and mobile phones, so you can make the right choices and be safe.

## CHATTING

- **When you're chatting to people online, TRY NOT TO GIVE OUT ANY PERSONAL INFORMATION about yourself.** This includes your full name, address or school. It's ok to tell someone what city you live in though as long as you don't include anything else. Even giving a street name can be enough to allow someone to find you. If anyone ever asks you for this information, tell a trusted adult straight away.
- **Some people who you meet online may not be who they say they are.** It's easy for people to lie when they're chatting over the internet, so **DON'T ARRANGE TO MEET UP WITH SOMEONE who you have met online.** If anyone asks to meet up with you, tell a trusted adult. It is not a good idea, but if you do decide to meet up then make sure you take a trusted adult with you and meet in a public place.

## SOCIAL NETWORKING

Social networking sites are all online, so any information you add about yourself can be seen by anyone in the world.

- **NEVER PUT YOUR FULL ADDRESS ON YOUR SITE.** It's best to leave the space blank, or if you do want to add some information, make sure that you make your profile private so only your friends can see it.
- **It's a good idea to USE A NICKNAME rather than your real name** - your friends will know your nickname so will know it's you!
- **It's a good idea to PUT YOUR REAL AGE on your site** - if you lie and say you are older, you may get adults trying to contact you.
- **It's also NOT A GOOD IDEA TO PUT YOUR MOBILE NUMBER on your site** - your real friends will already have it!
- **USE YOUR PRIVACY SETTINGS!** Adjust your account settings (sometimes called "Privacy Settings") so only approved friends can instant message you. This won't ruin your social life – new people can still send you friend requests and message you, they just won't be able to pester you via IM. This means that people you don't want to see your profile can't!

# CYBER BULLYING

Cyber bullying is the name that is used when people use the internet to send nasty and upsetting messages to others.

It can also be done by people using mobile phones, by sending messages and making nasty phone calls.

- **The number one rule to remember if someone is being nasty to you in this way is DON'T RESPOND AND DON'T REPLY.** You should tell a trusted adult straight away if someone is upsetting you, or if you have been getting upsetting messages.
- **The second rule is to SAVE ALL NASTY MESSAGES AND EMAILS.** You don't have to read them, but save them in a folder so you can show an adult if you need to.
- **The third rule is to TELL A TRUSTED ADULT.** If you tell someone about what's been happening, they will be able to help and maybe stop it.



- If you feel you can't talk to someone just yet, call Childline in confidence on 0800 1111.

## HOW TO REPORT

Being online and using the internet is just like being in the real world - you can chat to people, play games and share pictures. But sometimes things happen which can make you upset. **People may say nasty things to you which upset you, or you may see something that you don't like.**

**If this happens, you must remember that it's not your fault.**

- **ALWAYS TELL A TRUSTED ADULT** straight away if you are upset or worried about something that has happened online.
- Remember to **SAVE ANY MESSAGES** that have upset you so you can show them to who you tell - they will be able to help, and they will be able to give you good advice about what else you can do. Never worry about getting in trouble - you aren't the one who has done anything wrong.
- **If you don't want to talk to a trusted adult, you may want to chat to someone else about how you feel.** **ChildLine** is a site where you can have a private 1-2-1 chat with a counsellor who will listen to you and not judge you. You can also call them for free on 0800 1111 and it won't show up on your phone bill.