# WORKING TOGETHER TO HELP YOU STAY SAFE ONLINE

## TOP TIPS

The internet is a great place to learn, discover, communicate and have fun. But just as in the real world, there are some risks as well as great benefits. Take note of the tips below to help you and your family to stay safe online.

**1.     What does your digital footprint look like?**

Think before you post! Everything you put online stays there and becomes your digital footprint which can be seen by anyone. Remember that something you post today may be read by someone in 5 or 10 years time. Will it paint the best picture of you?

**2.     i h8 u**

Always treat others as you would like them to treat you. If you are the victim of cyberbullying, tell a trusted adult – someone who can help you. Don't suffer in silence and if you do receive a nasty text or IM, keep the evidence!

**3.     Who are you talking to?**

Be a responsible net citizen – remember that people who you only know online are still really strangers. It is important to keep online friends online – don't meet up with online friends in the real world without talking to an adult you trust first.

**4.     How can you report a problem?**

If something goes wrong and you feel uncomfortable or upset when you are online, there are things you can do. Tell your parents or carers or another trusted adult. You can always check for a report abuse button on the site you are on, or contact the helpline. There is more information about this on the back of this leaflet.

**5.     Do you believe everything you see online?**

**http://zapatopi.net/treeoctopus** Remember that anyone can create online content – you can't always believe everything that you find on the internet. When you use the internet for homework or research, remember to check the information you find carefully. Use another website and see if it gives the same information – ask who the website was created by. Don't forget – if it sounds too good to be true, then it probably is!
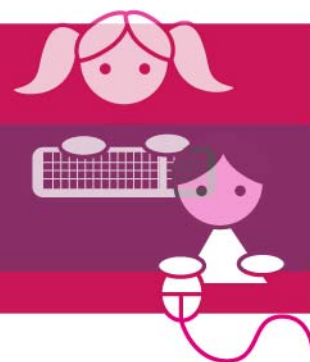
Insafe is a European network of Awareness Centres promoting safe, responsible use of the Internet and mobile devices to young people. It is co-funded by the Safer Internet Programme. Further information is available from www.saferinternet.org

EU Kids Online II is a new project designed to examine children's and parents' experiences and practices regarding use, risk and safety online. Between 2009 and 2011, EU Kids Online II is conducting original empirical research across member states with national samples of children aged 9-16 years old and their parents. Further information is available from http://www.lse.ac.uk/collections/EUKidsOnline/

For further information about any online safety issues, please don't hesitate to contact the Child Exploitation and Online Protection Centre who are the safer internet awareness centre for the UK. Their website can be found at www.thinkuknow.co.uk or you can call **0870 000 3344**

**Q. Where can I report illegal content?**

A. Illegal content can be reported to the Internet Watch Foundation which is the hotline in the UK. www.iwf.org.uk

**Q. Who can I speak to if I have concerns about something that is happening online?**

A. Speak to your parents or a trusted adult or call the helpline. In the UK you can call Childline on **0800 1111** and speak to someone in confidence.
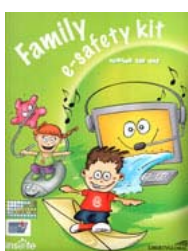
**Q. Where can I find out more information about how to keep my family safe online?**

A. Visit your safer internet awareness centre's website at www.thinkuknow.co.uk or use our online family esafety kit at www.esafetykit.net

You can also find more information at www.saferinternet.org

Tips for parents

- Talk to your children; ask them to show you what they are doing online. Dialogue is the key to prevention, just as it is in the offline world.

- Keep in touch with latest online safety issues by subscribing to the Insafe newsletter at http://www.saferinternet.org/web/guest/newsletter

- Most risks on internet are about behaviour, not technology. Your life experience is the best guide they can have in the online and offline world.