

Top tips to help you stay safe online



Using online groups, social media platforms and websites like WhatsApp, Facebook, Instagram, Twitter, TikTok, Imo, Telegraph or Snapchat is a fun way to stay in touch with friends and family. But remember you need to stay safe while you're using them.

Don't share too much information

It's important not to share too much information online, especially personal things like photos, as you can't always control what happens to them.



Never share information like where you live, or the name of your school or workplace with people you don't know. You wouldn't tell a person you just met at the bus stop where you live, so don't do it online.



Think before you post

Before you post that funny picture of your friend or make a joke about someone on social media, ask yourself:

Would you find this post funny if it was about you?

What will your friend think about your post?

It may be funny, but is it kind?

A good rule is - if you wouldn't say it in real life, don't say it online.

Sexting (sharing sexual or naked photos) can be very risky and in some countries is illegal, even if sent privately to your boyfriend or girlfriend. Did you know up to 8 out of 10 images people share online end up on other websites? This can be very upsetting and can damage your reputation online and at home. So be careful about what you share even with a friend or a group of friends.



→ For more info, visit: www.childnet.com/sexting

Remember: once it's online it could be there forever.

Protect your name and reputation

Type your name into a search engine like Google – you might be surprised at how much information there is about you. This helps to form your 'online reputation'.



One day when you apply for a job, your future boss might 'Google' you – make sure your online reputation won't put them off hiring you.



Remember: friends and family can Google you – will you be happy with what they see?



If you find something about yourself online that you don't like, you can ask the website to remove it, or if it was posted on social media you can report it.

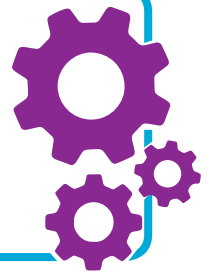


Keep it private

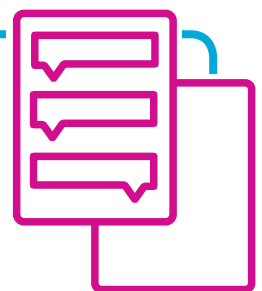
Check the privacy settings on your social media accounts like Instagram or Snapchat to make sure you know who you're sharing information about yourself with.



Remember: your friends' privacy settings can affect what information about you is made public from their accounts too.



Remember: most social networking sites allow you to control who sees your posts or who can comment on your post. Always check you are happy with who can see what you post. Keep the circle small and mostly to trusted friends, especially for pictures you post. Think about which is the best platform to share your posts or pictures on so that you can control who will see them and what they can do with them.



Keep your passwords private, and don't make them easy to guess – make sure people can't get into your account and pretend to be you.



If you need some help with checking your privacy settings, visit:
www.saferinternet.org.uk/advice-centre/young-people

Closing down or deleting an account

It also means there is less risk of the accounts being hacked (broken into) without you knowing.



This means that the content is no longer live and it can't be searched for online.



Don't believe everything you see online

Not everything or everyone online can be trusted.

Question what people online want from you and why.

Never meet up with strangers you've been talking to online – they might have been lying about who they are and could be dangerous.

Remember: not everyone online is who they say they are.

Question what other people say and post – is it myth or rumour? Is it helpful to share it?

Don't believe everything you see online

Social media sites have tools which let you 'block' people you don't want to be in contact with.



This means that the content is no longer live and it can't be searched for online.



If you find something online that worries or upsets you, or you are being bullied online, you can report it. Tell an adult you trust, maybe a parent or a teacher and stop using the website.



You can find a helpline in your country here: www.childhelplineinternational.org
You can find out more about cyber-bullying and reporting bullying on online apps here: www.unicef.org/online-safety