

It's more than a game, it's your life.

Online games and social networking are fun, but make sure you know how to keep yourself safe.



Are you worried about things that have happened to you on the Internet?

If something happens on the Internet and you feel sad or frightened tell an adult that you trust.



<http://www.ceop.police.uk/Report-Abuse/>

Click CEOP help and advice from the police

Good places to find advice and guidance



www.kidsmart.org.uk/

Great site for children to find out more about Internet safety.

Games, advice and competitions.

http://www.thinkuknow.co.uk/5_7/ for 5 – 7 year olds.

Great site to get information, advice and movies perfect for your age.



http://www.thinkuknow.co.uk/8_10/ for 8 – 10 year olds

Great site to get information, advice and movies perfect for your age.



<http://www.cybermentors.org.uk/>

Cybermentors is all about young people helping and supporting each other online.



http://www.bbc.co.uk/cbbc/help/web/stays_afe

Interactive games and information about how to stay safe on the internet.

Top Tips for safe social networking

- ☺ Always explore the privacy settings of your social network to protect your privacy and to protect yourself from strangers. Remember! Your real friends are the ones you know in real life not the ones you have only met online.
- ☺ Get your friends and family to check that you aren't giving out too much personal information or posting inappropriate photos or films. They might see something you've missed.
- ☺ Keep your passwords to yourself.
- ☺ Respect yourself and others online.
- ☺ Tell an adult if something happens online that makes you sad or frightened. It is not your fault and the adult can help you.
- ☺ **Cyberbullying** is NEVER acceptable. If you or someone you know is targeted by bullies online tell them:
 1. Keep evidence of the bullying behaviour – take a screen shot if you can't save the message.
 2. Don't reply to nasty messages
 3. Tell an adult.

Need More Help?



Help on how to prevent or stop bullying, especially for children.



www.childline.org.uk/

If you call childline on 0800 1111 the call will be free and won't show up on the phone bill.