

## **Internet Safety Advice**

- You should never give out personal details to online friends you do not know offline.
- Recognise what information about you is personal: i.e. email address, mobile number, school name, sports club, arrangements for meeting up with friends and any pictures or videos of yourself, your family or friends. Small pieces of information can easily be pieced together to form a comprehensive insight in to your life and daily activities.
- Be aware that you need to think carefully about the information and pictures you post on your profiles. Remember that once published online, anyone can change or share these images of you.
- It can be easy to forget that the internet is not a private space, and as a result young people often engage in risky behaviour online. Remember do not to post any pictures, videos or information on your profiles, or in chat rooms, that you would not want a parent or carer to see.
- If you receive spam or junk email and texts, remember never believe their contents, reply to them or use them.
- It's not a good idea for you to open files that are from people you don't know. You won't know what they contain—it could be a virus, or worse - an inappropriate image or film.
- Recognise that some people lie online and that therefore, it's better to keep online mates online. You should never meet up with any strangers without an adult you trust.
- Do not use your real name when using games or websites on the Internet (create a nick name)
- Only use a webcam with people you know.
- Remember that it's never too late to tell someone if something makes you feel uncomfortable.