

# Staying Safe



**Be smart on the internet**

Childnet International  
www.childnet.com

**S SAFE** Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password.

**M MEETING** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

**A ACCEPTING** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

**R RELIABLE** Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.

**T TELL** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**www.kidsmart.org.uk**

KidSMART Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.




**www.skoodle.com**

Our rules for your Online Safety

As a member of Skoodle you must follow these simple CyberSafety rules:

- 1 Respect**  
Always treat others how you would like to be treated and treat everyone with respect.
- 2 Words can hurt**  
Some people might be hurt or upset by what you write or say online. Always think, "how would I feel if someone sent this to me?"
- 3 Spam is ugly**  
Unwanted messages are spam. Spam annoys people and may get you on their "spam list" so you won't be able to send anything else to them. Ever.
- 4 Don't get personal**  
Don't share personal details. This includes your **phone number, address, date of birth and second name**. If you already know someone well and trust them, it is probably OK to share some information but check first with your parent.
- 5 Passwords are private**  
Don't share your password, not even with your best friend. It's a good idea to change your password at least once a week.
- 6 Do it online**  
Don't arrange to meet someone you only know online unless you have first checked with your parent. If your parent says it's OK to meet your online friend in person, ask your parent to go with you for the first time. Always meet in a public place and preferably during the day.
- 7 Say no to bullying**  
You should never bully or be mean to anyone on Skoodle. This includes deliberately excluding someone. And don't reply to someone that is bullying you. Instead, tell someone you trust, preferably a teacher or parent and also report the person who is bullying you. Don't forget to take a "screen shot" for evidence.
- 8 Shout out**  
If you see someone being bullied, stand up and say something. Tell the person being bullied that you support them and report the incident to an adult.
- 9 Take care when uploading**  
Don't upload anything unsuitable. This includes video, sound, music and images that are copyright or belong to someone else (unless you have their permission), are rude, adult-only or unkind.
- 10 Don't go there**  
Not all websites are suitable or safe for children. Take care when visiting or recommending websites to others. If you are unsure check first with a teacher or parent.

Follow the rules, have fun and be safe!

skoodle

## Top Ten Tips if your are being Cyberbullied

1. Tell an adult you trust if you are being cyberbullied
2. Don't respond or retaliate to bullying messages – it could make things worse
3. Block users who send you nasty messages
4. Save abusive emails or messages (or texts) you receive
5. Make a note of dates and times you receive bullying messages, as well as details you have of the user's ID and the url.
6. Don't pass on any cyberbullying videos or messages – this is cyberbullying
7. If you are bullied repeatedly change your user ID, or profile, and use a name that doesn't give any information away about you
8. Visit [bullying.co.uk](http://bullying.co.uk) – this is a website where trained counsellors can support you if you are being bullied, either by chatting online or by calling their free helpline. You can also find some top tips on how to stay safe – <http://www.bullying.co.uk/>
9. You can talk to someone at Child Line or get online safety advice at <http://www.childline.org.uk/talk/Pages/Talk.aspx>
10. <http://www.thinkuknow.co.uk/> is another very useful website for children and young people staying safe online