



INTERNET SAFETY

Stay Safe Online tips:

- Keep your phone, laptops or tablet secure - use a password or PIN.
- Don't do anything online that you wouldn't do face to face
- Think about what you post – would you be happy for people to still see it in 10 or 20 years. Comments, photos and videos you post or share, make up your digital footprint, even if you delete it so there is still a record of it.
- Do you really know your online friends? Think about why and how you know people and if you are not friends in the real life you shouldn't be online.
- Never feel forced into doing anything you don't want to do
- Block people who send cruel or offensive messages and tell someone about it
- Don't open links and attachments from people you don't know
- Never arrange to meet someone you have only met on the internet
- Sexting is never a good idea. Once images have been taken and sent to others, control is lost of them and they can end up anywhere. Just think – if you wouldn't print and pass these images around your school / college / work or show your family, then don't share by phone or other technologies.
- If you receive an indecent image or naked selfie from someone, do not send this image onto others or respond with one of you – report it.
- Always tell an adult you trust.
- If you are upset or worried about an image you have sent or received, you can call;
Childline on 0800 1111 or Police Scotland on 101
- **Most importantly - You need to know that you won't be in trouble, whatever you have done, just tell someone you trust and they can help sort it out.**

If it's illegal offline, is it illegal online?

Yes! This includes posting anything that promotes crime, violence or drug misuse. This also includes threats made against you, or attempts to force you to pay money or do something to prevent your personal information or images being posted elsewhere on the internet or forwarded to others.

Anything put online can be traced – even if false details are used.

If you are unhappy with anything on Facebook, Twitter etc then seek advice from someone you trust.