



The internet is full of just about anything you could ever want... and not want. Just like when you're out and about, there are things and people to be careful of. This guide sets out some of the ways you can avoid dangerous situations.

## To sum up...

- Don't give out personal details about yourself or your friends
  - Online friends might not be who they say they are
  - Be open with parents and friends about what you find/do on the internet
  - Never arrange to meet up alone with anyone you've met on the net.
- If you are going to, take an adult you trust and meet in a public place



## Parents and teachers

As the everyday use of technology grows, it's important that we understand enough to be able to keep our children safe – particularly regarding their use of the internet and mobile technology. The internet is a great tool for communication, entertainment and education, but our children should be just as aware of the dangers online as they are of those on the streets.

- Teach them not to give out personal information about themselves or anyone else
- Teach them to be as careful about strangers online as they are in the street
- Never let them meet people they have only met online
- Be open – talk about how they use the internet
- Let them know that they can come to you if they become uncomfortable with anything that happens on the internet and you can help
- Put the computer in a busy room such as the living room
- Find out about the internet and parental controls which are available to help manage your child's internet access
- Make sure both you and your child understand the risks. For more information visit:

[www.parentscentre.gov.uk/usingcomputersandtheinternet](http://www.parentscentre.gov.uk/usingcomputersandtheinternet)  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

- The BT Better World Campaign provides a wide range of free resources for parents, teachers and children. For more information visit: [www.bt.com/betterworld](http://www.bt.com/betterworld)

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Stop

Think

Stay  
Safe

The Internet  
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Coalition on Internet Safety (CHIS)

# Stop

## Don't give out any personal details!

Information about you or your family and friends is private and should stay that way. You wouldn't stand in a busy street handing out leaflets with your personal details, but if you list your name, age and address on the net it is exactly what you will be doing.

### DON'T GIVE OUT

- Your full or real name
  - Your address
- Your mobile or home phone number
  - Your school name or location
- Your friends' or family's personal details
  - Your favourite places to go out
  - Your photo



! When you're signing up for e-mail, chat or on a website, **use a nickname.**

# Think

## Things aren't always what they seem!

You've probably heard stories about people who go on to the internet and pretend to be someone else so that they can befriend young people. Not every person on the internet has bad intentions, but it's good to be aware that they might.

### QUESTION EVERYTHING

- Are you being asked personal questions?
- If so, why do they need to know these things?
- Do they get annoyed when you don't answer?
- Why are you being asked to talk in private?



! Remember people who are interested in tricking you are very clever and are experts in **gaining your trust**. Be highly cautious of anyone asking personal questions.

# Stay safe

## Spread the word!

Share your experiences on the internet with your parents and friends. Not just bad stuff, but the good things too. Your parents will feel a lot more relaxed if you tell them what you're up to. If you don't feel comfortable telling your parents, tell another trusted adult – your aunt, your teacher, your mate's mum, etc.

### OPEN UP

- Your parents will be interested in your online friends just like your school friends – let them know who you're talking to
- If someone wants to meet up, tell an adult
  - Tell a trusted adult about anything bad that happens to you online



! **Never arrange to meet up alone with anyone you've met on the net.** Always take an adult you trust and meet in a public place.