



Keeping safe online

Create strong passwords

Use a mix of uppercase and lowercase letters, numbers, and special characters. Don't use personal information like your birthday or best friend's name. Use a different password for each website or app.

Be careful what you share

Don't share personal information like your location, email address, phone number, date of birth or passwords. Be careful about what pictures you share online, such as pictures that give away your location or pictures of a personal nature that could be used to exploit you.

Be sceptical of what you see online

There is a lot of false information online. You can check information by talking to a trusted adult or looking it up on another website.

Be careful about who you meet with

Meeting someone you've only met online can be dangerous. You may not be speaking to who you think you are. Only meet up with someone you know you can trust, and make sure a trusted adult knows where you are planning to go.

Tell someone if you feel uncomfortable

If someone makes you feel uncomfortable or worried, or if you are being bullied, tell a parent, carer, or trusted adult.

What to do and where to go **IF YOU or a friend are in a difficult situation:**

- **TELL an adult** who you trust.
- **DO NOT blame yourself. This is not your fault.**
- **GROOMERS or TRAFFICKERS** will change facts and give the impression that you were responsible. You are not to blame.
- **THIS IS a crime.** Don't be embarrassed to talk about it.

People and numbers to contact if you are concerned about yourself or someone else:

Trusted adult or teacher, head of year, tutor, pastoral lead.

School Community Police Officer.

Fearless www.fearless.org (Completely anonymous).

Childline 0800 1111.

NSPCC Helpline 0808 800 5000

Modern Slavery Helpline 0800 0121 700

