

LATEST INTERNET SAFETY ADVICE FOR STUDENTS
Child Exploitation and Online Protection Command

CHATTING:

When you're chatting to people online.

TRY NOT TO GIVE OUT ANY PERSONAL INFORMATION ABOUT YOURSELF

This includes your full name, address or what school you attend. It's ok to tell someone what city you live in but as long as you don't include anything else. Even a street name can be enough to allow someone to find you. If anyone ever asks you for this information, tell a trusted adult straight away.

Some people you meet online may not be who they say they are. It's easy for people to lie when they are chatting on the internet, **SO DON'T ARRANGE TO MEET UP WITH SOMEONE WHO YOU HAVE MET ONLINE**. If anyone asks to meet up with you, tell a trusted adult. It's not a good idea, but if you do decide to meet up then make sure you take a trusted adult with you and meet in a public place.

INSTANT MESSAGING (IM):

IF SOMEONE ADDS YOU TO THEIR CONTACT LISTS AND YOU DON'T KNOW THEM, MAKE SURE YOU BLOCK THEM. This will stop them from seeing when you are logged on and they won't be able to contact you. If you add someone and decide afterwards you don't want them on your friends list you can delete them too.

If you have your own profile on IM, **IT'S NOT A GOOD IDEA TO INCLUDE LOTS OF INFORMATION ABOUT YOURSELF**, like your hobbies, favourite band, your address and school.

It's also **NOT A GOOD IDEA TO HAVE A PICTURE OF YOURSELF ON YOUR PROFILE**. You can use one of the pictures that are on IM already, or a picture of a pet or your football team. This is because if you have someone on your contact list who you don't know in the real world, they will be able to have access to your profile and see what you look like. These pictures can also be used by someone to create a fake profile using your image.

Lots of people also use webcams when they use IM – This can be a great way of seeing all your friends and family when you're talking to them, but remember some people you meet online may not be who they say they are.

Webcam images can be recorded and copied and also shared with other people so, **THE BEST THING TO DO IS NOT TO USE A WEBCAM WITH PEOPLE YOU DON'T KNOW IN THE REAL WORLD**.

Some people will try and speak to young people using IM because they have bad intentions and they can fake webcam images and pretend to be someone else to try and trick you. If you feel worried about this, make sure you tell a trusted adult.

CHAT ROOMS/ ONLINE FORUMS:

If you see a message that upsets you, **TELL A TRUSTED ADULT.**

When you log onto a forum or chat room, **ALWAYS USE A NICKNAME RATHER THAN YOUR REAL NAME.** Nicknames can be a fun way to hide your identity when chatting online, but it's not a good idea to pretend to be someone you're not.

Some people who use chat rooms or forums lie about who they are. **WHEN YOUR'E LEAVING MESSAGES TO PEOPLE IN FORUMS, NEVER GIVE OUT ANY PERSONAL INFORMATION ABOUT YOURSELF.** This includes your full name, address or school.

Some chat rooms/forums are moderated and this means that an adult is watching what is being said to make sure no one is being nasty. They can delete messages and also ban people from leaving messages if they are upsetting.

SOCIAL NETWORKING:

Social networking sites are all online, so any information you add about yourself can be seen by others all over the world.

If you put too much information about yourself online, people you don't know may be able to find you.

NEVER PUT YOUR FULL ADDRESS ON YOUR SITE

It's best to leave the spaces blank, or if you do want to add some information, make sure that you make your profile private so only your friends can see it. It's a good idea to **USE A NICKNAME** rather than your real name.

It's a good idea to put your **REAL AGE** on your site – If you lie and say you are older, you may get adults trying to contact you.

USE YOUR PRIVACY SETTINGS!!

Adjust your account settings (sometimes called privacy settings) so only approved friends can instant message you. This won't ruin your social life – new people can still send you friends requests and message you, they just won't be able to pester you via IM. This means people you don't want to see your profile can't!

Anything you add to your social networking site can be copied or printed, so if you want to put pictures up on your site **THINK BEFORE YOU DO IT.**

Some people who you don't know in the real world may try and ask you to be your friend, so they can see your site. It's not a good idea to allow a stranger to have access to your site – they may not be who they say they are and you don't want a stranger knowing lots of things about you!

IF SOMEONE YOU DON'T KNOW ASKS TO BE YOUR FRIEND, TELL A TRUSTED ADULT STRAIGHT AWAY.

GAMING:

Sometimes when you play a game, you can feel like you'll do anything to win or get to the next level.

***IT'S IMPORTANT TO REMEMBER THAT IT IS ONLY A GAME, sometimes you will win and sometimes you will lose.** There is nothing wrong with losing with lots of practice you will get better.*

Some people may get nasty when playing online games as they want to win. Make sure that when playing online games, you don't upset anyone in order to win or get to the next level.

***REMEMBER** it's best to use a nickname when you are using gaming sites, rather than give out your real name. Some people who you meet online may not be who they say they are, so remember not to give people you meet on the gaming sites information about yourself.*

MOBILE PHONES:

Texting is a great way of staying in touch with friends and family, but sometimes people send nasty messages which can be mean and upsetting.

They can be from people you know, and also from people you don't know.

It's a good idea not to reply to a nasty message and if you get a message that upsets you, tell a trusted adult. You should also remember that when you send messages, you should be responsible and not send something that might upset anyone.

When you send a picture to a friend using your mobile phone, this is called MMS.

YOU SHOULD NEVER SEND A PICTURE MESSAGE TO ANYONE YOU DON'T KNOW IN THE REAL WORLD – Even if you have been talking to them online and think you know them, or someone you have met through a friend.

You never really know who they are if you haven't met them face to face. If someone asks you to send them a picture message and you don't know who they are, you should tell a trusted adult.

NEVER GIVE YOUR MOBILE NUMBER TO ANYONE YOU DON'T KNOW.

People sometimes lie about who they are to trick people into giving them their mobile number and personal details, like their school and where they live. **REMEMBER** that people you don't know in the real world are still strangers.

If you give people your mobile number, even people you have met using the internet, remember you do not really know who they are. **NEVER** arrange to meet up with them as they are strangers.

EMAIL:

SOMETIMES YOU GET EMAILS FROM PEOPLE YOU DON'T KNOW.

It's important to remember that if you receive an email from someone you don't know, **NEVER OPEN IT.** Tell an adult you trust if you're not sure what to do.

People also send fake emails to trick you into replying. They get email addresses by using special software. If you reply to one of these emails, the people sending them will know that your email address is real, and they could start sending you junk emails, nasty messages and even viruses.

MAKE SURE YOU ALWAYS DELETE EMAILS FROM PEOPLE YOU DON'T KNOW.

CYBER BULLYING:

CYBER BULLYING IS THE NAME THAT IS USED WHEN PEOPLE USE THE INTERNET TO SEND NASTY AND UPSETTING MESSAGES TO OTHERS.

It can also be done by people using mobile phones, by sending messages and making nasty phone calls.

The number One rule to remember if someone is being nasty to you in this way is **DON'T RESPOND AND DON'T REPLY**. You should tell a trusted adult straight away if someone is upsetting you, or if you have been getting upsetting messages.

The second rule is to **SAVE ALL NASTY MESSAGES AND EMAILS**. You don't have to read them, but save them in a folder so you can show an adult if you need to.

The Third rule is to **TELL A TRUSTED ADULT**. If you tell someone about what's been happening, they will be able to help and maybe stop it.

IF YOU FEEL YOU CAN'T TALK TO SOMEONE JUST YET CALL CHIDLIN IN CONFIDENCE ON 0800 1111

'Treat the internet and social media like a virtual street, would you show random strangers your photos, videos, tell them your personal information and share your emotions with them?'