



Top tips for E-Safety Y7, Y8, & Y9



MALET LAMBERT
SCHOOL

(Citing content from thinkuknow.co.uk and ceop.police.uk)

E-Safety Tips

DO

Set your privacy settings so only people you know can talk to you and see your profile on social networking sites (Facebook, Ask.fm, Twitter, Instagram, etc).

Enjoy chatting to new people but be aware that some people don't tell the truth about who they are.

Use a nickname when playing online games against people you don't know.

Keep your personal information to yourself, like your full name, address, age, school, etc., when talking to people you don't know in person.

Tell an adult if someone says something or does something that makes you uncomfortable.

DON'T

Don't meet up with anyone you don't know who you have met online.

Don't share photos or videos that could upset someone, or post nasty things about others online. This is called cyberbullying. If anyone does this to you, tell an adult straight away.

Don't spend too much time on the internet or your phone. Make sure you take a break as often as you can, or at least every 45 mins.

Don't feel pressured to send pictures or videos of yourself that make you uncomfortable.

Don't hesitate to tell someone if you've seen something that you wish you hadn't. There are lots of websites out there that contain pictures or content that can be disturbing.



REMEMBER
You must be 13
or over to open
a Facebook
account

Report it!

If someone says something to you that makes you uncomfortable, sends you rude pictures of themselves or asks you to do the same, or threatens you - report it to the police at ceop.police.uk.

Lots of sites have a button like this one on the left so you can click straight through to the site. Make sure you tell an adult too!

Learn more about E-Safety



School

In assemblies and PSHCCE lessons, you'll be learning lots more about how to keep yourself safe online. It's also a chance to ask any questions that you want to know.

Malet Lambert takes your safety very seriously, so we ask you to agree to a set of rules about how you use the computers at school - called the Student ICT Acceptable Use Policy.

It's a good idea to use these rules at home as well as at school. They include:

- I will keep my personal information safe
- I will only access sites that are appropriate for my age
- I will tell an adult if I have any worries
- I will ask my parent/carer for permission to meet people I have met online
- I will not use the computer or my phone to make nasty comments, bully or make threats
- I will only send appropriate content over the internet or via phone messages

Use ThinkUKnow

There are some great websites that can give you advice on staying safe online.

Check out thinkuknow.co.uk. It includes games, information and lots of interactive clips about different topics like cyberbullying, social networking and sharing pictures.



It's good to talk



If ever you want to talk, but you don't feel comfortable speaking to someone you know, there's always someone ready to listen at Childline. Call 0800 1111 to talk in confidence



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Protect yourself - www.getsafeonline.org

Educate yourself – www.thinkuknow.co.uk

Get advice – www.cybermentors.org.uk

Talk to someone – Childline 0800 1111

Report it – www.ceop.police.uk

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