



T is for tell an adult

Tell a trusted adult if you see something online that upsets you or if someone makes you feel unhappy.

There are lots of people who will help you like your Mum or Dad, or carers, or your teacher.



H is for hide your password, keep it safe

Only ever give your password to your parents - NEVER your friends.

Someone else could go online and pretend to be you and do something that could get you into trouble.



I is for interesting websites can be fun

Check with a trusted adult if a site is okay to use before you visit.

Sometimes a trusted adult can set up a list of good sites for you to use.



N is for name calling is never cool

Name calling or being mean is never cool and could be cyberbullying. Be nice when talking online or over the phone.

Look out for yourself and for others.



K is for keep it private, never tell

Keep your special information safe.

Never give your real name, address or phone number to anyone you don't know in the real world.

Use a nickname in chatrooms or when you play games on the computer.

If you're not sure, ask a trusted adult.