

GUIDE TO STAYING SAFE ONLINE

Digital Safety & Wellbeing Kit



Now you cannot go out as much you may be spending more time online.

Many of you are doing your schoolwork online. And lots of you will be hanging out with friends and playing games online to help pass the time.

Going online can be fun. But there can be dangers too. And there are some things we need to do to stay safe.

It is a bit like when we cross the road. Before we cross, we 'stop, look and listen' to make sure it is safe. It is the same when we are online: we must check things are safe so we can enjoy ourselves.

We are going to:

Give some general tips on how to stay safe online.

Explain how to make your profile and accounts as safe as possible and how to stay safe on video calls.

Give you some ideas about how to balance your time online with other things - even on lockdown!

The basics to staying safe online.

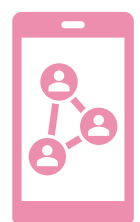
Never give out personal information about you or anyone you know.

Tell your parents or carers what you are up to online.

Once you post something online you can never get it back. So never send pictures of yourself that you might wish you had not.

Not everyone is who they say they are. Do not make friends with people you do not know.

If you see something that makes you feel worried or unsafe, leave the website and tell a trusted adult straight away.





YOUR PROFILE

1 About You

When you choose your username do not show:

- Your real name.
- Your age.
- Where you live.

2 Your Password

- Use a strong password
- Instead of one word, use three words that have nothing to do with each other. What is the most random three words you can think of?
- Use a different password for every account and device you have.



VIDEO CALLING

3 Stranger Alert

- At home you do not open the door to strangers. It is the same online. Do not let people into your conversations who you do not know.
- To keep people out, use a password so only people who you have invited can join.

4 Recording

- Check your conversation is not being recorded.
- Do not record conversations with others without asking them first.
- NEAT will never record a conversation without asking you first and will always give a reason for recording the conversation.

5 Background

- Blur your background so you do not give away any information about where you are.



YOUR DEVICES

6 Updates

- Keep your device up to date - this means you are less likely to be hacked.

7 Location

- Keep your privacy settings high.
- Turn off your location.

8 Online Shopping

- Do not buy anything online without your parent's / carer's permission.

9 Browser

- Use a browser like Google Chrome or Firefox which have good security settings built in.



FAKE NEWS

10 COVID-19

- Not everything you read online about COVID-19 will be true.
- Make sure you get information from a place you trust like the NHS or BBC Newsround



KEEPING BUSY NOW LIFE HAS CHANGED



You are probably online more than you usually are. It is understandable because we are all stuck at home.

But it is important to take some time away from our screens too.

Just like you should eat 5 a day of your fruit and veg, here is our *digital 5 a day* to help you get the balance right.



BEING SAFE AT HOME



Most children are safe at home.

But we know that some of you are not.

If your school has closed and you are not feeling safe at home, here are some people to call.

childline.org.uk **0800 1111**

In an **emergency**, always call the **police** on **999**

Information for this document has been gathered from the NSPCC website
<https://www.nspcc.org.uk/>

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