



Internet Safety over the summer

The internet is amazing when used safely and correctly.



Here are some simple rules that will help you make sure it stays amazing so that it plays a healthy part of your life.

Social Networks

Do you use any of these and did you know the age restrictions?



Age Restrictions for Social Media Platforms

Twitter
Facebook
Instagram
Pinterest
Google+
Tumblr
Reddit
Snapchat
Tik Tok



13

LinkedIn



14

WhatsApp



16

Online safety over the summer

We want you to be safe and happy over the summer holiday and at your new secondary school.

Only go on websites/social media networks that your parents have approved/are allowed by law

Communicate as if the person is in front of you

If you feel upset by something a person has said to you online, get an adult's help before replying as you may say something you regret

Once you have typed something it is there forever- it cannot be unsaid

Never send nasty messages to someone if you are upset with them- it only makes the situation worse

Online safety over the summer

Remember not to give any personal information

Consider how long you are on devices for- are you checking them too much? Are you playing online games too much- it feels like fun but it is really damaging to your mental health.

What could you be doing with your life instead?-

Go outside and have fun

Meet a friend

Spend time with family

Play a board game

Do sport

Do a hobby

Read



Cyber Bullying

Cyberbullying is no different to bullying in real life. You don't need to put up with it!

- If someone says something that upsets you, tell someone you trust about it, such as a teacher or parent and block the bully.
- Remember that typing something nasty in a message to someone is just as upsetting as saying it to their face. Think before you send!
- Keep evidence to show your trusted adult. You might even need to do a screenshot.

Meeting People Offline

- Never meet anyone from the Internet without an adult with you as this is very dangerous!
- Remember, people may not be who they say they are... anyone can upload a photo of someone else and call themselves by a different name with a made-up profile of their age and interests.
- Talk to a trusted adult about it if anyone has asked you to meet them in real life.



The main thing to remember is:
Be smart and safe by making the right choices.

If you are ever unsure,

ask for help and advice.

Do not deal with it alone!



Happy Surfing and have a safe summer!

