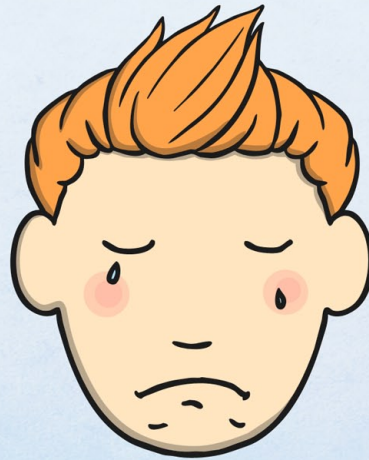


Even if you can't see  
someone, things you write  
might still upset them.



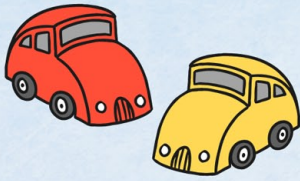


# Email

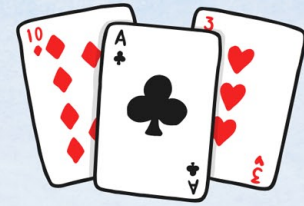


- Always ask an adult before you open any emails.
- Delete emails from people you don't know. They might be nasty and have a virus which could break your computer.
- Don't send photographs to people you don't know. They may not be who they say they are.
- Never tell someone you don't know in the real world your address, your name or which school you go to.
- Remember to be nice to people. You should treat people how you would like to be treated so you don't upset anyone.

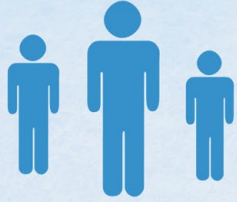




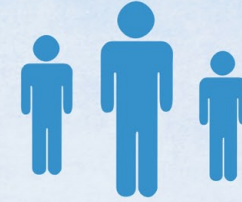
# Games



- Always ask an adult before you play games on the internet.
- Use a nickname instead of your real name when playing games online.
- Never tell someone you don't know in the real world your address, your name or which school you go to.
- Remember to be nice to people. You should treat people how you would like to be treated so you don't upset anyone.



# Friend Sites



- Always ask an adult before you use sites like Facebook, Instagram, Bebo or Myspace.
- An adult can help you decide if the site you want to join is safe for you and your friends.
- If you have one of these sites ask an adult to help you make it safe. They can help you to not share personal details or too many pictures.
- Remember, if you see something on one of these sites that worries you or makes you unhappy, tell an adult who you like and trust and they can help you.





# Being Nice



- The internet has people using it from the real world - some of them are nice but some of them are nasty too.
- Remember to be nice and kind to people. You should treat people how you would like to be treated so you don't upset anyone.
- If anyone is unkind to you or makes you unhappy, you must tell an adult so they can help you and stop the person from being mean.



# Chatting



- Always ask an adult if you can talk to people on the internet.
- Ask an adult to help you if you are starting to chat to new people on the computer.
- Use a nickname instead of your real name when using chat rooms or instant messengers.
- Never tell someone you don't know in the real world your address, your name or which school you go to.
- Never meet someone that you met online. Some people on the internet are not who they say they are.