



## **"E Safety 10 Top Tips" for Children and Young People**

1. Treat your passwords like your toothbrush – keep them to yourself
2. Only give your mobile number or other contact information to trusted friends
3. Block the bully – learn to block or report someone who is behaving badly
4. Save the evidence – learn how to keep records of offending text messages, pictures or online conversations
5. Don't retaliate or reply
6. Check your profile and make sure it doesn't include any personal information – make sure you know who can see what!
7. Always respect others – be careful what you say online and what images you send
8. Think before you send – whatever you send can be made public very quickly and could stay online forever
9. Look out for your friends – and do something if you think they are at risk
10. Tell your parent, carer or a teacher if something or someone makes you feel uncomfortable or worried

Information sites:

[www.thinkuknow.com](http://www.thinkuknow.com)

[www.cybermentors.org.uk](http://www.cybermentors.org.uk)

[www.chatdanger.com](http://www.chatdanger.com)