

Things to do if your being upset or bullied

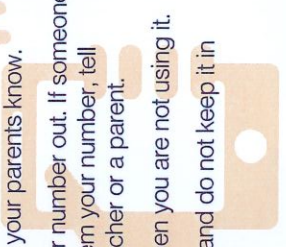
- * **Don't** reply to any nasty messages you receive.
- * **Keep** the messages that you've sent and been sent so you can show your trusted adult.
- * **Don't** answer any calls that are from a withheld number, or you won't know
- * **Change** your mobile number and only give it to close friends and family.
- * **Block** people.



FOLD 3

Mobile safety tips

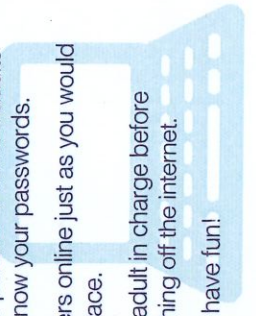
- * **Do** keep your phone with you. If you're worried about someone taking it, keep it hidden from sight.
- * **Do** be careful with your number. Only give it to your friends and people that you trust.
- * **Don't** lend your phone to someone you don't know or put it in a place where other people could get hold of it.
- * **Do** use a PIN that only you and your parents know.
- * **Don't** be pressured to give your number out. If someone is pressuring you into giving them your number, tell someone about it such as a teacher or a parent.
- * **Do** switch your Bluetooth off when you are not using it.
- * **Do** turn your phone off at night and do not keep it in your bedroom.



FOLD 2

Do's & Don't's

- * **Don't** arrange to meet someone you have met online.
- * **Don't** share photos of yourself, family, pets or your house or garden online.
- * **Don't** share your address or email online.
- * **Don't** share your password online.
- * **Do** tell an adult when you go online on a tablet, phone or computer.
- * **Do** make sure your parents or trusted adults looking after you know your passwords.
- * **Do** be nice to others online just as you would with them face to face.
- * **Do** check with an adult in charge before downloading anything off the internet.
- * **Do** keep safe and have fun!



Top tips for parents

Parental Controls

- * Can be accessed by using advice from your internet provider.
- * Control your child/ren's screen time.
- * Know your child/ren's Keep Mobiles and computers out of the bedroom and turned off at night.
- * Know the apps and social media your child uses and if it is suitable for the age of your child.
- * Useful websites: www.saferrinternet.org.uk
www.internetmatters.org/advice/6-101
www.thinkuknow.co.uk www.childline.org.uk
www.alarms.org gives you Kidre (a safe children's search engine which can be used on tablets, PCs & Mobiles.)

Tell Someone

If you feel scared, worried or unhappy about anything.

- * A Teacher
- * A Teaching Assistant at school.
- * Your Mum, Dad or Grandparent
- * A grown up that looks after you and you know and trust.
- * You can also talk to someone who will be able to help you by calling:
Childline on 080011111



Stay Safe

Your pocket size e-safety guide

To keeping yourself safe on your computer and your mobile phone

FOLD 1 ALONG THIS LINE