



# Staying Safe Online

## Chat

In a chat room, chat site, or game you may feel you can safely talk to strangers. Remember they are strangers, no matter how many times you meet online. Chat sites where other members can see what's said are safer than one to one chat or messaging. Be suspicious if anyone is asking you to keep chat secret or delete chat history.

ZIP IT



BLOCK IT

## Social Networking

Social networking is great if it's social, but not so good if it's antisocial. Think twice before adding someone as a contact on social networking sites, think twice before posting any comments, and make sure you set your profile so only real friends can see your content.

## Your pictures

Anything you upload to the internet can be copied by other people and uploaded somewhere else. If you wouldn't want your auntie to see it, don't upload the content, and don't share it from your phone! If you take pictures with a phone your photos may have the location attached to them; you can usually switch this off in the camera's settings.

ZIP IT



FLAG IT

## Grooming

If an online contact is trying to befriend you (maybe flattering you or offering gifts or bribes) ask yourself why? If they want pictures or videos or personal information (like your email address or location) be suspicious!

## Real world meeting

It is a real risk if you arrange to meet an online friend in the real world. No matter how well you think you know them, you only know what they have told you - which could all be untrue.

FLAG IT



ZIP IT

## Bullying, stalking, trolling

Bad people say bad things on the internet, through a range of systems including youtube and social networks. Don't get tempted to join in - nothing good can come of it and you could end up getting worse comments back!

## Spam and Phishing

If you receive email or other messages from people you don't know (especially with attachments) it is usually best to delete it unopened and never reply to it (this tells the spammer your address is in use). Phishing is where someone tries to trick you into giving away information. Some phishing emails are very convincing and have links to a copy of a real website where you could be tricked into entering usernames, passwords etc which can be used against you

BLOCK IT



FLAG IT

## Reporting a Problem

You should know where to go to report a problem: a good place is [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) - look for the "Click CEOP" button. If you are being bullied online a good place is [www.cybermentors.org.uk](http://www.cybermentors.org.uk) - look for "I need to talk".

## Good Passwords

A strong password should be:

- Not a real word (ch3stn\_t is harder to guess than chestnut but easy to remember)
- A sensible length – the longer the password, the longer it takes a hacker to crack it.
- A mixture of upper and lower case letters, numbers, and other characters
- Used for one site (don't use the same password for email, social networking, itunes etc)
- Changed at sensible intervals (too often and you may forget, too rarely and you may be hacked)

## Use a Firewall

You should use a firewall when using the internet on a computer. If you turn off a firewall for any reason (for example when installing a game) you should turn it on as soon as possible afterwards.

## Anti-virus software

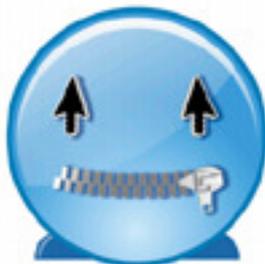
Anti-virus software protects against a wide range of threats: it is no good if it is out of date, and will need updating frequently. There are websites which claim to offer online virus scanning - sometimes these are dangerous and should be treated with caution.

## Updates

Keep your Operating system (e.g. Windows) and other software updated. If you use Windows it is strongly recommended that Windows updates are installed – one way to do this is to turn on the automatic updating service. Some of these updates are to deal with threats which have been reported. The same applies to other software like Adobe Acrobat Reader and Flash Player.

## Good advice sites

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  
[www.childnet-int.org/kia](http://www.childnet-int.org/kia)  
<https://www.getsafeonline.org/>  
<http://www.beatbullying.org/>



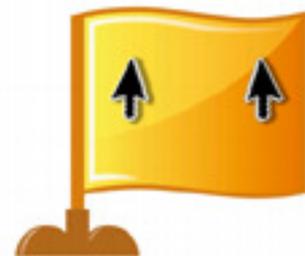
### ZIP IT

Keep your personal stuff private and think about what you say and do online.



### BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



### FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.