E-Safety Advice for Children

Whilst school is shut, we know that many of you will be using technology even more than usual. You will more than likely be using it for your home learning, to keep in contact with family and friends, to play games and watch things online. It is therefore more important than ever that you know how to keep yourself safe.

1 People you don't know are strangers. They're not always who they say they are.

2 Be nice to people like you would on the playground.

3 Keep your personal information private.

4 If you ever get that 'uh oh' feeling, tell a grown-up you trust.

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.

Make sure you are kind to others online. Just because they are not physically in front of you it does not mean that it will not upset someone. If someone is unkind to you, make sure you tell a trusted adult.

THINK U KNOW .co.uk

If you are using any of the apps above, make sure you know how to keep yourself safe. They all have age restrictions which you must take notice of.
Have a conversation with the adult you live with about the apps you are using. They can then help you if you do not feel safe.

You can't block out feelings
If going online is making you feel down then talking to someone can help

ChildLine 0800 1111

Digiduck says...
'Be a good friend online.'
'Say kind things to others,'
'and make sensible choices.'

CVPS