# Stay Safe Online

Playing games, chatting, and sharing photos and videos can be fun.

If you ever feel worried, upset or scared about something that happens online, tell an adult you trust. They will be able to help you. Whatever happened, it's not your fault.

Click on each button below for advice about safe ways to game, chat and share online.

## Play

### Play Online Games Safely

- Never share personal information (e.g. your phone number, school or where you live) with other gamers.
- It's safest to game with friends you know in real life.
- If a gamer you don't know in real life asks you to join them on another game, app or website, don't reply, and tell an adult you trust.

### Alfie's Story...

Someone I was gaming with kept sending me messages that made me feel uncomfortable. I told my mum. She helped me block them so now they can't message me anymore.
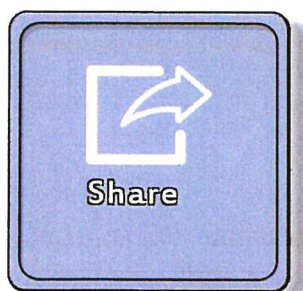
## Like

### Be kind to others

- Think before you share: avoid posting anything that could upset someone else.
- If someone is being mean, block them and tell an adult you trust. You can also report them to the website or app. Ask an adult for help with this.
- Worried that someone has shared something hurtful about you? Ask an adult you trust to help you.

### Alfie's story...

My friend Sam 'liked' a mean comment about me which Megan had posted. It made me feel embarrassed and angry. I asked my teacher for help. She talked to Megan and Sam. Megan deleted the comment. Sam said he was really sorry, he should have thought about my feelings.
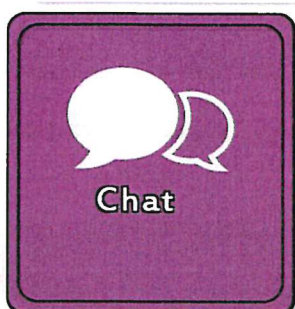
## Share

### Be careful what you share

Think before you share: who might see your photo, video or live stream? It's safest just to share your stuff with family and friends you know in real life.

If someone you don't know in real life asks you to share a photo or video or go on camera, don't reply, and tell an adult you trust.

Worried about something you've shared online or sent to someone? Ask an adult you trust for help.
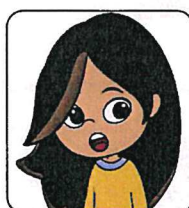
### Sam's story...

Ellie, Alfie and I shared a video of our first ever song! We made the video public, hoping we'd get lots of views and fans, but then we got a lot of nasty comments from strangers. It's much better to just share things you are proud of with your family and friends.

## Chat

### Choose who you chat to

It's safer to chat to people you know in real life.

It's **always** ok not to reply. If a message makes you feel worried, annoyed or upset, don't reply and tell an adult you trust.

If someone you are chatting to is being mean or making you feel uncomfortable, tell an adult you trust. They will help you block and report them so that they can't contact you again.
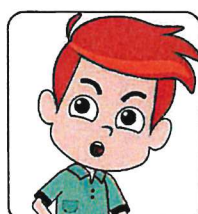
### Ellie's story...

Someone called Magnus messaged me. I added him because he said he knew a boy in my class. We started chatting. But then my friend Alfie found out Magnus wasn't real – it was a fake profile which Megan made to trick me. Alfie told our teacher. He helped me, and talked to Megan and her mum and dad. Megan said sorry to me and deleted Magnus's profile.

## Lock

### Keep your stuff private

Take control of who sees your stuff: ask an adult to help you change the Privacy Settings on your accounts.

Keep your passwords secret. Never write them down or tell any of your friends. If you think someone has found out your password, change it.

Make sure apps, games and websites don't tell other people your location. Ask an adult to help you switch off the location setting on your phone, tablet or computer.

### Sam says..

Megan saw my password and used my account to post mean messages about Ellie and Alfie. As soon as I found out, I changed my password and made sure that I kept my new one top secret. I also deleted the mean messages, and told a teacher what Megan did.

## Explore

## Things we see online

- Remember you can't always believe everything you see online. Even photos can be fake! Ask a teacher, family member or friend to suggest websites you can trust.

- If something you see online makes you feel upset, uncomfortable or even a bit confused, don't look at it again or send it to anyone else. Tell an adult you trust, who will be able to help you.

## Ellie says...

Someone I don't know sent me a website link, and I clicked on it. It opened a weird advert which made me feel uncomfortable. I felt better after I told my mum. She was pleased I told her and explained that it's best not to open links from people you don't know.

## WORRIED ABOUT SOMETHING?

Whatever has happened, it's not your fault. Get help by telling an adult you trust, like a teacher or a family member.