

## **Rules to Stay Safe on the Internet**

1. **Never** give out any personal information such as your full name, address, school name or phone numbers.
2. **Only** use a computer / tablet / phone when an adult is nearby (in the same room).
3. **Tell** an adult straight away if you come across anything that upsets you or makes you feel uncomfortable.
4. **Never** send a picture of yourself to a person you don't know or haven't met.
5. **Never** arrange to meet someone you have met through the Internet, even if you **think** you know them online, and they **seem** really nice.
6. **Never** give out your passwords to anyone other than your parents.
7. **Don't** fill out forms online without asking an adult first.
8. **Check** with an adult before downloading anything as it may damage your computer / tablet / phone.
9. **Never** lie about your age to use Social Media. Age restrictions are there to protect you. Other people could be lying about their age too.