



E-Safety



This leaflet is to help you keep yourself safe and happy when using different electronic devices, such as ipads, computers, mobile phones, laptops. It is to advise you about appropriate content, how to be responsible online and remind you what to do if you wish to report an incident.

What is E-safety?

E-Safety means electronic safety. It is important because it helps keep you safe so you can explore, enjoy and have fun online.



The internet is great because:

- You can learn lots of things
- You can have lots of fun
- You can stay in touch with friends and family
- It can help you with your learning
- You can listen to your favourite music

Some dangers include:

- Cyberbullying- sending nasty texts, e-mails, pictures, swearing on games consoles and sites
- People creating fake profile accounts with someone else's personal information
- Stranger danger- some people, who you don't know in the real world want to talk to you or be your friend. These people are strangers and you must tell an adult
- Bad language- seeing, hearing or using swear words that can cause upset
- Content- some things on the internet are not suitable for children
- Viruses- some emails and websites have bugs that may harm your computer, phone or tablet



Who can I tell if I am worried or upset:

- A trusted adult
- Family
- Adults in school

ChildLine

0800 1111





Safe

Keep safe by not giving out personal information like your name, address, phone numbers or home address.



Meet

Meeting someone you have only talked to online may be dangerous. Don't do it without your parent/carer.



Accepting

Only accept messages and emails from people that you know. Messages from others may contain things that harm your computer.



Reliable

Information on the internet may not be true, and people may not be who they say they are.



Tell

Tell a parent, carer, teacher or trusted adult if someone makes you feel uncomfortable, worried or someone is being nasty online.

What should I do if people are mean online, worry me or make me feel scared?

- Tell an adult you trust straight away
- Keep the messages to show the adult you trust as proof
- Try to stay calm
- Report anything that worries you
- Ignore the person
- Block and delete them



What I should never do:

- Keep worries to yourself
- Be nasty or unkind back
- Get angry and react
- Lie about my age
- Create fraudulent accounts

Remember

The internet is amazing.

It can be great fun. We can use it to learn lots and keep in touch with our friends but we have to...

use it safely!

