

# 5 TOP TIPS for e-safety on the INTERNET



**Protect** your personal information to stay safe! Don't **share** your full name, email address, phone number, home address, photos or school name to people you chat with online.



People on the internet can be **strangers** and don't always tell the **truth** about who they are. Not all information on the internet is always true.



**Think** before you open messages, emails or texts from strangers or people you don't **trust** – they may contain nasty viruses or messages.



If you chat with someone online then arrange to meet them, you may be putting yourself in **danger**. Only do this with your parents or carer's **knowledge** and when they can be **present**.



**Tell** a parent, carer or someone you **trust** if something makes you uncomfortable, scared, worried or if you or a friend is being bullied online. You can **report** online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

