Internet Safety

Some people lie online.

You shouldn't give out personal details to people you meet online.

Your personal details includes information such as your mobile number, your email address and any pictures of you, your family or your friends.
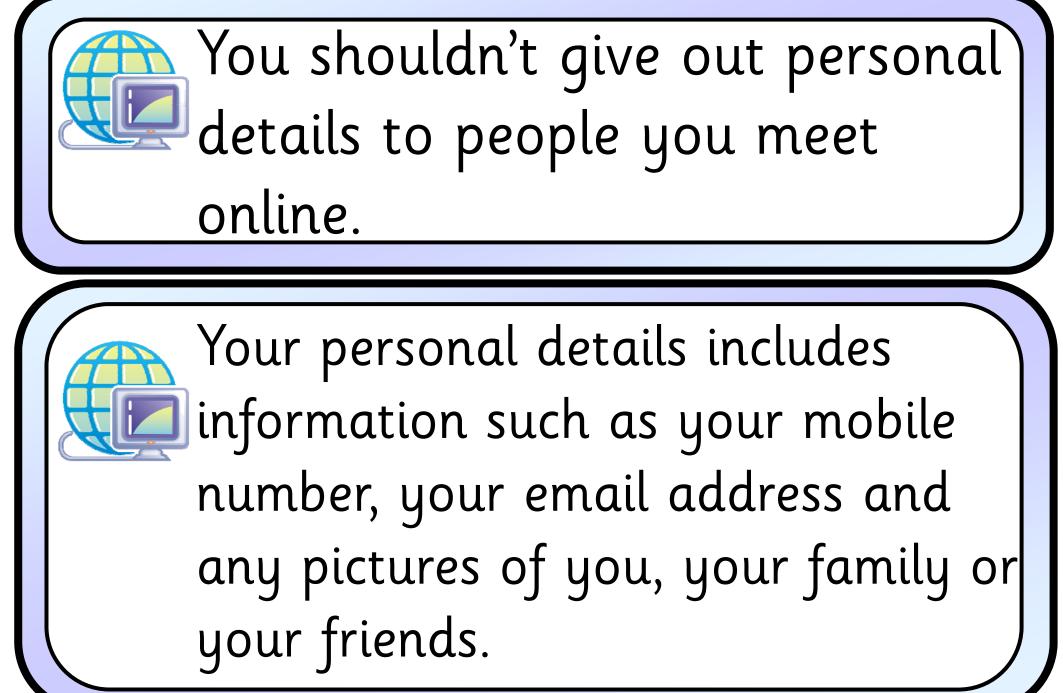
Don't reply to, believe or use any SPAM or junk email.
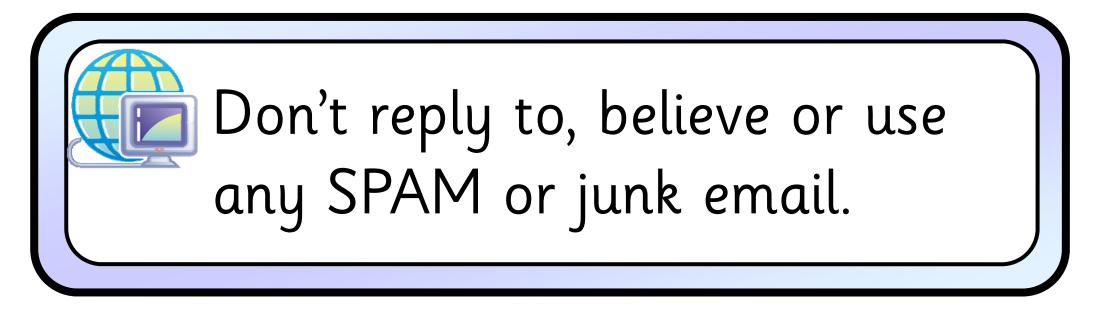
If you publish photos or videos online anyone can change or alter them.

It's never a good idea to open files that have come from people you don't know. You won't know what they could contain - it could be a virus or, worse, an inappropriate image or film.

It's easier to get on with people online and say stuff that you normally wouldn't.

It's better to keep online mates online. Never arrange to meet strangers without an adult you trust.

It's never too late to tell someone if something online makes you feel uncomfortable.

Report any online abuse or cyber-bullying to an adult. They can help you find advice and support.