

- ⇒ Don't accept friend requests from people you don't know
- ⇒ Change your password regularly
- ⇒ Stay private and check your settings
- ⇒ Turn off your location and check settings
- ⇒ Don't post anything that may embarrass you later on

If you get into trouble:



Free confidential service to help young people under 19 with any issue they are going through.

YOUNG MiMDS

Information for children and young people about mental health and emotional wellbeing.



(#GoFindInternetSafetyHelp)

Socially Safe at Secondary School



Written by
students at
Bishop Challoner
School for you!



#CyberAmbassadors

Tips when using social media:

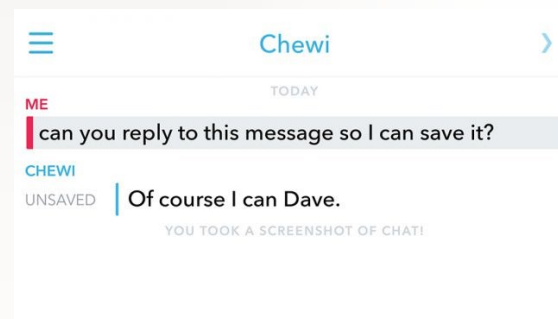
- 1) Be careful with what you say as people could be hurt or offended, even if you didn't mean to.
- 2) Make sure you keep your account private so strangers can't see what you post.



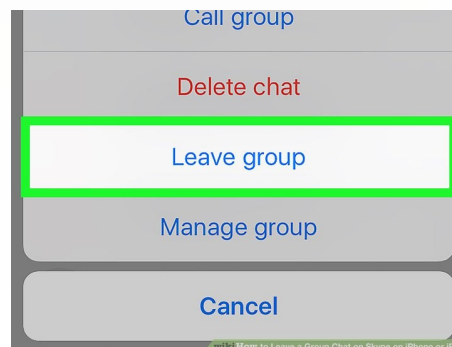
- 3) Don't lie about personal details or display them publicly. Don't tell anyone your password.
- 4) Always have your parent's permission before posting online.

5) If you get messages that make you feel uncomfortable, **report and block** that person.

6) Some apps have **messages that delete once you've seen them.** (Snapchat) So save them or screenshot if you want to read it later.



7) Be careful on big group chats where you don't know everyone in it. Leave if you feel uncomfortable.



8) Give yourself downtime before bed and try to **leave your phone downstairs** when you sleep.

9) **Don't click on pop-ups** or adverts that look too good to be true, because they normally are.



10) If you are on WIFI and have no data/texts, you can **use WhatsApp to text people in your contacts for free.**

Finally, have fun and be safe online!

Good luck at your secondary school in September!