

E-SAFETY

Here are the things that we would like you to do to help keep yourself safe when using the internet or your mobile phone:

- * Remember, online friends are strangers in the real world and may not be who they say there are so:
 - don't tell them things about yourself like your full name, where you live or go to school, your email, phone numbers, passwords or your carers details
 - only have buddies on your instant messenger that you know in the real world
 - never reply to emails or spam from someone or a site you don't know.
 - never arrange to meet someone you've met on the internet without telling your carers and getting their permission first – and even then – only when your carer can be there with you.

- * We want you to enjoy using the internet and your mobile phone so please:
 - tell your carer if you ever feel uncomfortable about anything that you see or hear on the internet or mobile phone
 - if you see something you don't like or that you know your carer would not want you to see click on the "back" button or log off.
 - tell your carer if someone online is making you feel awkward or unhappy or pressurising you to do something
 - respect other people that you're talking to online – don't send nasty messages
 - don't give your password to anyone else

- * Please be careful what information you put on the internet or on your mobile phone about other people, get permission before you:
 - take or send pictures or videos of yourself or other people
 - fill out any form online that asks you for information about yourself or your family without asking your carer first.
 - buy or order anything online including downloading music or video games. Don't give out your or other's credit card information.

- * **And finally ... don't lend your phone to anyone!**

If you agree please turn the page to sign your name

E-SAFETY



I promise to follow the rules:

Your name:and signature.....

Your carers name:and signature.....

If someone helped you read through and understand these rules

write their name here:.....