



Safeguarding Times

E-Safety

You don't have to have loads of friends/followers on social media. It's not a competition so don't add strangers as friends!

Gaming

Gaming online can be fun but you must be safe!

Don't use any personal information as your details when playing the game and always use a username.

Only play games on line with children or adults you know and trust face to face 'in the real world'

REMEMBER to check your online friends are who they say they are. Speak to your real friends in person or on the telephone first to check their details.

REMEMBER games are meant to be fun! it's okay to lose. Block players who harass you and block anyone who isn't friendly.

Age restrictions are there for a reason, ask an adult first if you're allowed to play a certain game.

Sexting

If **anyone** texts you, speaks inappropriately to you, or asks to see anything private, tell an adult or someone you trust, block/report them.

NEVER send pictures of your personal body parts. Once a picture is sent you can never un-send it. The person who receives it can do anything with it. They could send it on to other people, upload it online or even print it out.

REMEMBER it is against the law to send an inappropriate picture of another person.

REMEMBER you can always **SAY NO!** Don't be pressurised. Not everyone is doing it, don't think they are!

Social Media

Using social media is a fun way to talk to friends and family as long as you are old enough to use the website. Always ask an adult first.

Always make sure that you have high privacy settings and only have add people as friends who you know.

REMEMBER not everyone is kind. Block bullies and tell an adult or someone you trust.
REMEMBER it's nice to be nice!

REMEMBER not everyone is who they say they are. Some people may even use a photograph and pretend to be that person.

Never meet up with someone through social media. Speak to your real friends in person or on the telephone first to check their details.

Be Smart,
Stay Safe

Online

Keep your personal
information and passwords
safe

Remember not
everyone is who they
say they are online

NEVER MEET UP WITH STRANGERS!