

STAY SAFE ONLINE

USE STRONG PASSWORDS

Change passwords regularly. Use a mix of numbers, upper and lower case letters and symbols. Don't share passwords.

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BE CAREFUL WITH WHAT YOU SHARE

Never share your address, phone number or other sensitive information.

INFORM SOMEONE

If you are worried about your safety or something that has happened to you online, speak to an adult you trust.

CLICKING & DOWNLOADING

Never click links or download files from people you don't know.

PRIVACY SETTINGS

Keep control of who you share content with, especially on social media, by checking your privacy settings.

REQUESTS

Don't feel pressured to accept friend requests. Be wary of messages or emails asking for things (such as money).

THINK OF YOUR FUTURE

Content can remain on the internet and be seen by future employers and contacts. Think carefully about what you post and what this says about you. Once it's out there, it's not easy to take it back!