

Cyber Bullying

Cyber bullying is the use of ICT, particularly mobile phones and the internet, to deliberately to upset someone else.

Being Nice

The internet is just like the real world – nice people use the internet, but some nasty people do too.

It's important that you are nice and kind when you use the computer to talk to people. Even if you can't see someone, things you write might still upset them.

If anyone is nasty to you or makes you unhappy – you must tell a grown up so that they can help you and make the person stop.



E-Safety



Chatting

If you need to chat using the Internet, then we recommend that you use the VLE for chatting. We don't recommend that you use any other form of chat, unless you are supervised by your parents.

- Always ask your mum, dad or whoever is looking after you if you can talk to people on the internet. They can help you do it safely.
- When you use chat rooms or instant messengers you should use a nickname instead of your real name.
- Never tell anyone who you don't know in the real world your address, your name or which school you go to.
- Ask your mum, dad or teacher to help you if you are just starting to chat to new people on the computer. They can make sure you fill out any forms properly and safely.
- Some people on the internet may not be who they say they are. It's not a good idea to meet anyone that you only know from talking to on the computer.

Games



- Always ask your mum or dad before you play games on the internet. They can help you choose the best games and you can help them learn to play them!
- It's always best to use a nickname when you play games on the computer.
- Some people who you talk to when you play games could be lying, so don't tell anyone where you live or which school you go to. Never share passwords with anyone.

E-Mail



- Always ask your mum, dad or whoever looks after you before you open any emails.
- Always delete emails from people you don't know. They might be nasty or have a virus which can stop your computer working.
- Don't send any pictures to strangers. They may not be who they say they are, and you don't want a stranger to have a picture of you or your family and friends.
- Never tell anyone who you don't know in the real world your address, your phone number or which school you go to.
- One of the most important things to remember is to treat people how you would like to be treated. Be kind and nice when you write anything on the computer so you don't upset anyone.

Safe Searching

- Use <http://search.bbc.co.uk> , <http://kids.yahoo.com/> or <http://www.askkids.com/>

Friend websites

- We don't recommend that you use Bebo, MySpace or Facebook, or any 'friend' site.
- If you already have one of these sites, ask your mum, dad or teacher or whoever looks after you to help you make it safe. They will help you make it a safe place for only you and your friends, and make sure that you don't tell everyone where you live, what school you go to or share too many pictures.
- If you are worried or unhappy about anything you see on one of these sites, you can tell a grown up that you like and trust, and they can help you.

Who can I talk to?

If you feel upset about anything you have seen on the computer or if someone has said something which makes you feel bad or funny inside – you need to tell your mum, dad or whoever looks after you at home. If you want to talk to someone else you can call 'Childline', which is a place where people who are nice can help you. They won't tell anyone that you have called and it's free. You can phone them on: 0800 1111. You can also talk to your teachers if anything is upsetting you and they will help you.

Top Tips!

- **Always ask a grown up** before you use the internet. They can help you find the best thing to do.
- **Don't tell strangers** where you live, your phone number or where you go to school. Only your friends and family need to know that.
- **Don't send pictures** to people you don't know. You don't want strangers looking at photos of you, your friends or your family.
- **Tell a grown up** if you feel scared or unhappy about anything.