



# Zip it! Block it! Flag it!

Hello and thank you for picking up this brochure. This brochure is all about E-safety and it is aimed at 11+. E-safety means internet safety, so as you could probably figure out this brochure is all about internet safety.

In this brochure you will find different ways on how to keep yourself safe online. You will find out what to do if you find yourself in a situation you think that can never be solved. Sometimes the easiest thing to do is just *Zip it, Block it!* & *Flag it!*



# How to avoid getting viruses

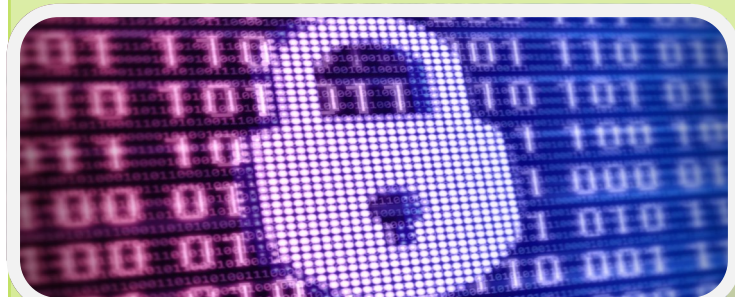
Follow these easy ways to avoid getting a virus on your laptop, computer or phone.

- \* Put up a good firewall.
- \* Get a really good virus app on your phone.
- \* Make sure you know where you are going before you click on it.
- \* Make sure everything you do is properly saved or logged off.
- \* Making sure no one sees your password.



# Pop-up ads

It all starts with a ad pop-up that says if you answer these questions then you can win a £1,000,000. People look at that and say "Yeah I want a £1,000,000 I'm going to click on that." they click on it. What they don't know is that they are going to ask for details and when they get those details they are going to take over your whole computer and your money. Guess what... you never get your £1,000,000, so please be careful on what you click on or you might just get scammed.





Sometimes things aren't always what they seem.

Be alert and be safe.

<https://www.thinkuknow.co.uk/>

<http://www.bbc.co.uk/webwise/topics/safety-and-privacy/>

<https://www.getsafeonline.org/social-networking/social-networking-sites/>

<http://www.childnet.com/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>



## Cyberbullying

People on social media these days can be fierce and most of the time it ends up with people getting cyber bullied. We can stop that, you can stop that. If you think you are getting bullied or if you think someone else is getting bullied then tell someone, or ignore them completely, pretend you don't care. Whatever you do not let them get you down. I know it might be hard but if you do everything on here then you should be fine. Yes, it will hurt to see and hear those things about you but it will be better if you tell someone you trust. **The optimist hopes for something to happen, the pessimist complains and does nothing about it but...the realist does something about it.** Well which one are you? Be the Realist and do something about it.



Optimist



Pessimist



Realist



# E-Safety, Stay Safe

Guide for 11 year-olds + about e-safety.

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