

## Where can I get help?

- NSPCC

<https://www.nspcc.org.uk/>

- CEOP

<https://ceop.police.uk/>

- Safety net kids

<http://www.safetynetkids.org.uk/personal-safety/online-safety/>

- Hacker advice

<http://www.computerhope.com/issues/ch001539.htm>

## Top Tips On Staying safe online

1. Don't post any personal information online – like your address, email address or mobile number.
2. Keep your privacy settings as high as possible.
3. Never give out your passwords
4. Don't meet up with people you've met online.
5. Remember that not everyone online is who they say they are

## E-Safety

8-15 years

Do you know what you are looking at?



# Cyber bullying



## What is cyber bullying?

Cyber bullying is bullying that takes place using electronic technology.

Examples of cyber bullying include mean text messages or emails, rumours sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

## Effects of cyber bullying

Kids who are cyber bullied are more likely to:

- ◆ Use alcohol and drugs
- ◆ Skip school
- ◆ Experience in-person bullying
- ◆ Be unwilling to attend school
- ◆ Receive poor grades
- ◆ Have lower self-esteem
- ◆ Have more health problems

# Social Media



## Is social media as safe as you think?

Once you post a picture on social media as hard as you might try it won't go.

Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.

# Hackers

A hacker is a person who breaks codes and passwords to gain unauthorised entry to computer systems.

Hackers can do enormous amount of damage if they break into a computer system.

For some people the challenge of breaking codes is irresistible and so precautions have been taken.

