

It doesn't feel good when people are nasty or unkind to you, does it? People sometimes say and do similar things on their phones or the internet as well.

These prompts will help you stay safe at home, outside, at school, online or on your phone.

# STAY SAFE



## GOING OUT...

- Always ask permission -
- Tell someone where you are going -
- Don't talk to people you don't know -
- If your plans change : tell someone -
- Never meet someone you've only met online -

- Never give your phone number to people you don't know
- Only send pictures to your friends - NEVER to people you don't know
- Never reply to messages, texts or calls from people you don't know
- Always check with your parents that it is ok to download an app or some new software

## ON YOUR PHONE...

- Never put pictures of yourself OR your address OR your phone number on a profile
- Don't use a webcam when talking to people you haven't met offline (in person)
- Never tell other people your password
- On social networking sites, make your profile a private one, so only friends can see it
- If you see something that makes you feel funny or uncomfortable, tell an adult you can trust

## WHEN ONLINE...



## FROM BULLIES...

- Talk to someone you can trust : teacher, friend
- Call CHILDLINE on 0800 1111
- Remember that bullying is NEVER ok and is NEVER your fault