

# Online Safety Advice - Students



When you are online, it is important to make sure you feel safe and don't put yourself or others in danger. Whilst online, think about the choices you are making and any risks they might have. This includes online activities such as social media (Facebook, Snapchat, Instagram), music/film streaming and online gaming.

## Top tips for keeping safe online:

- Don't post or exchange your contact details online (such as your phone number, email address, location). Set your privacy settings high and turn your location off.
- Don't post any pictures, comments or posts online that may damage your reputation.
- Don't spend too much time online – make sure you switch off and spend time with your family and friends.
- Never agree to meet anyone you have met online.
- Don't retaliate or respond to online bullying. Use the websites reporting tool (if they have one available) should you see inappropriate or bullying content. Make sure you tell a trusted adult (such as a parent, carer or teacher) about the incident. If a friend confides in you that they are being bullied or they have witnessed bullying on social media, you should also report it and encourage them to do the same.
- Speak to an adult (such as a parent, carer or teacher) if you've seen something that has upset you online, or if you have any concerns, questions or want to discuss online safety in general.
- Don't open any strange links or emails.
- Work with your parents/carers/teachers to help them support you. Talk to friends about the importance of staying safe online.

Don't be afraid to talk to your parents/carers/adults to ask questions or discuss something that might have happened or you are unsure of.

For more information on staying safe online, Childline is a great place to look -

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