













Top Tips for Staying Safe Online

Most of these tips are taken from <http://safernet.org.uk/for-people-with-ld> and have been compiled by the Respond Action Group.

This is just general advice. It is up to you whether you follow it or not.

	<p>Enjoy the internet! Computers are a great way to meet new people, chat with friends, watch videos, play games and have fun. So if you haven't used the internet before and you're a bit scared, ask someone to help you</p>
	<p>Be thoughtful and polite. Remember almost everything you do on the internet can be seen by other people - so be careful what you say and think before you type! If unsure, don't post. If you think you might cause offense by posting something, err on the side of caution.</p>
	<p>Tell someone if you're being bullied on the internet (for example, getting nasty Facebook messages or emails)</p>
	<p>Don't make things worse. If other people say nasty things, don't respond with a nasty thing. Think before you post and hold back if you aren't sure</p>
	<p>Block bullies – this stops them from being able to contact you. If you're not sure how to do this, ask someone to show you.</p>
	<p>Keep your passwords private - and don't share them with anyone else.</p>
	<p>Never give your personal information – your date of birth, address, phone number, bank details – to people you 'meet' on the internet.</p>
	<p>It's okay to say no. Remember, if a stranger or someone you don't like sends you a 'friend' request, you don't have to accept it.</p>
	<p>Take a screen shot of any nasty messages – and don't delete the message until you have done this. Taking a screen shot saves the nasty messages, so that you can show them to people who can help you.</p>
	<p>Never arrange to meet up with someone you've met online - even if they seem nice, or you think you know them</p>
	<p>Never reply to emails saying you have won the lottery or money - they are fake emails, from people who are trying to trick you.</p>
	<p>Don't make promises without checking.</p>

More help: The Bullying UK website has some useful advice on staying safe (on Twitter for example), **and a FREE helpline open 24 hours a day: 0808 800 2222.**