



Always Talk to Your Parents if You Don't Feel Safe Online

Sometimes, you might see something you don't like, or someone might contact you who you don't know.

If this happens, always tell your trusted adult like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and advise you on what you should do next.





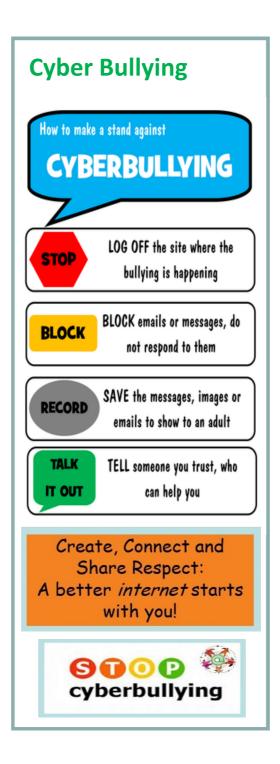


A Child Friendly
Online Safety
Guide



5 Internet Safety Tips

- Never share personal information online.
- Don't respond to emails, texts or messages from strangers.
- Don't post or share photos online.
- Don't click links, open attach -ments or accept gifts from someone you don't know.
- Never agree to meet someone you met online.





Limit Your Screen Time

Using your phone, laptop, iPad, or computer for too long, particularly in the evenings, can make you feel tired at school, affect your concentration, and make you lose interest in other things in life.

Don't use any device close to bedtime.

Stay fit and healthy so that you will still be able to focus and perform well at school.