Digital Safeguarding

Top 5 tips for keeping safe online:

1. **Be careful what you share**
   Once something is online, it's out of your control. If you don't want your parents or teachers to see it, don't post it.
2. **Don't meet people you don't know in person**
   Even if you get on with them online, you never know who they really are.
3. **Use a complex password**
   It should be hard for other people to guess your password and it's a good idea to change it regularly.
4. **Check your privacy settings**
   Check who can see what you post and whether your accounts are public or private.
5. **Talk about it**
   If you see something online, that makes you upset or uncomfortable, talk to an adult that you trust.

Be careful what you share online

● when you choose a profile picture for a social networking website like Facebook or Twitter, avoid photos that could give people you don't know information about where you live

● check your privacy settings regularly, including on smart devices like wearables.

● think about what should be shared in public and what should be kept private

● check your location settings – some sites, apps and devices let you share your location with other users. Turning off location settings can help protect your privacy

PASSWORDS

DO

- share your password only with your parents.
- create passwords with at least eight characters.
- use combinations of letters, numbers and symbols.
- change your password regularly – at least every six months.

DON'T

- give a password to anyone else – not even your friends.
- use passwords that are easy for people you know to guess, like your nickname or your pet's name
- use any private information in your password
- use a word in the dictionary as a password

gRe6tjob	(Strong)	Weak
Lrv2sk1m	(Strong)	Weak
anna99	Strong	(Weak)
Junes1998	Strong	(Weak)

Common Sense!

Passwords should NOT have private information in them, like your:

- School name or school address
- Credit card numbers
- Phone numbers
- Social Security number
- Full (first and last) name
- Date of birth
- Mother's maiden name
- Street address

The 4Rs of online safety

Respect – I treat others and myself the way I like to be treated

Responsibility – I am accountable for my actions and I take a stand when I feel something is wrong

Reasoning – I question what is real

Resilience – I get back up from tough situations

REMEMBER

- If something doesn't feel right, tell someone you trust.
- All social networking sites and YouTube have 'report' buttons – use them!
- Report to CEOP if you are worried about anything online.

CLICK CEOP Internet Safety

KEY VOCABULARY

- **privacy**
- **password**
- **acceptable use**
- **monitoring**
- **sharing**
- **website**
- **social media**
- **consequences**
- **virus**
- **protect**
- **CEOP**
- **settings**
- **digital footprint**
- **cookies**
- **data**
- **permissions**
- **report**
- **consent**