



**POLICE**  
**SCOTLAND**  
Keeping people safe  
**POILEAS ALBA**

OFFICIAL

## **INTERNET SAFETY**

- Do not give out any **personal information** such as your address, telephone number, parent's work address/telephone number or the name and location of your school.
- Do not meet up with new internet friends without an adult you trust and ensure it is a public meeting place. Just because you've been chatting with someone online for a long time does not mean that you *really* know who they are.
- Do not send a picture or anything else to someone without first checking with your parents. Set your privacy settings so only your friends can see your pictures.
- Tell your parents or an adult if any information makes you feel uncomfortable or bullied. Use the Report button or the CEOP Help button to report abuse if someone posts offensive stuff on your web pages.
- Check with your parents before downloading or installing software or doing anything that could jeopardize the family's privacy. Do not open files from people you don't know as they could contain a virus or nasty pictures.
- Do not give out your passwords to anyone (even your best friend) other than your parents.
- If you feel uncomfortable or if something has happened that is upsetting you then don't feel ashamed, scared or embarrassed to report it. Trained people are there to listen to you and help you. That's their job! You are not in trouble and nobody will make a fool of you.
- Check out the [Thinkuknow.co.uk](http://Thinkuknow.co.uk) website for advice and support.



## **Cyberbullying advice.**

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| 1. | <b><i>Always respect others:</i></b><br>You can't see the impact your online words or images have on other people. It's important to show respect so be careful what you say or send.   |
| 2. | <b><i>Think before you post online:</i></b><br>Whatever you send or post online can be made public very quickly and could stay online forever, whether you like it or not.  |
| 3. | <b><i>Treat your password like your toothbrush:</i></b><br>Always keep your password private. Only give your mobile number and other personal information to trusted friends.   |
| 4. | <b><i>Block the bad stuff.</i></b><br>Block or report someone who is behaving badly online. Do not reply to bullies who may spread gossip or make threats about you or other people online or by mobile phone. Tell a trusted adult about it. Do not keep this kind of stuff to yourself.                                   |
| 5. | <b><i>Save the evidence.</i></b><br>Save any nasty messages as evidence and let your parents or carers see them as soon as possible.  |
| 6. | <b><i>Make sure you tell.</i></b><br>If mobile phone messages and internet postings are making you feel unhappy then it's important to talk with an adult you trust. You could call Childline on 0800 1111.<br>You will not be the first person this has happened to so do not be ashamed or embarrassed to speak about it. |
| 7. | <b><i>Finally</i></b> – don't just stand there. If you see cyberbullying going on, support the victim and report the bullying. How would you feel if no-one stood up for you?   |
|    | For further advice and information check out this website:<br><a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>  |