



## Internet Safety Tips

### What can you do when being Cyber Bullied?

- **Change your contact details** - Get a new user name for the Internet, a new e-mail account, a new mobile phone number and only give them out to your closest friends.
- **Keep your username and passwords secret** - Keep your personal information private so it doesn't fall into the hands of someone who'll miss-use it.
- **Keep a record** - (including time and date). This may help you (or the police) to find out who is sending the messages.
- **If messages are threatening or serious get in touch with the police** - Cyber-bullying, if it's threatening, is illegal. You don't need to put up with it!

### Online safety principles:

- Don't reveal personal information online (name, date of birth, phone numbers, address, school).
- Don't expose anybody's identity.
- Don't befriend strangers. It might be an adult not a child. People can pretend to be anybody online.
- Never agree to meet 'online friends' in real life without being accompanied by a trusted adult.
- Don't upload pictures /videos of yourself or family on social network sites or You Tube.
- Ask permission before taking pictures or using a webcam.
- Alert parents or a teacher if you find an adult approaching you online.
- Be careful with browser pop-ups, it is likely to be a spam or a virus.
- Be careful what you put on the Internet. Rumours can stay forever.
- Don't download things from the Internet without your parent's permission.

### G.E.T. R.I.D of the Bully:

- **Go** block or delete the person engaging in cyber bullying
- **E**vidence of bullying, keep a record
- **T**ell someone. Sharing feelings with parent, older sibling, teacher, close friend will help ensure you keep your child from isolated feelings
- **R**eport Abuse. Reporting bullying to web administration is usually as easy as clicking on a report abuse link on a website. The website will remove the offensive content
- **I**gnore bullying behaviour. Encourage your child not to reply to bullying messages - It'll only get worse if you do. By replying the bully gets what he or she wants. Often if you don't reply the bully will leave you alone.
- **D**elate the bullying message (after saving a copy) and don't forward via text etc.





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