

YOUR LIFE AND THE NET



GUIDANCE ON PUTTING YOURLIFE ONLINE

YourDetails can be the most precious information you have. Check your privacy settings now - don't wait for a problem to happen.

YourWords when online or texting can impact on others - directly and indirectly. Think carefully about what you say and how you say it.

YourFriends online are sometimes people you may never have met in real life. Don't arrange to meet them alone and check out every friend request.

YourPics online are easy to save, pass on, edit, and re-publish. Don't let your personal pictures get in the wrong hands.

YourLocation is fun to share online but can attract unexpected followers. Who knows where you are now?

YourGames online games, via social networking systems or games machines, can allow information to be passed on about you and your friends.

YourShopping can often mean avoiding online and text messaging scams. If in doubt, check it out with a friend.

YourMedia could be illegal if copied. People have been prosecuted before for video, software and music thefts.

YourSafety if you're worried about anything or anyone online go to

<http://www.ceop.police.uk/report-abuse/> - the police will read every report.



KEEP SMART ONLINE

KEEP SMART and use the internet safely, responsibly and positively.



Keep it **PRIVATE**: When you are chatting to people or posting things online keep your own and other people's personal information private.

Keep it **COOL**: If you or someone you know is being bullied online or via a mobile phone, you have a right not to have to deal with it on your own. Visit **www.digizen.org** to view the Let's Fight It Together film and find out how to deal with and prevent cyberbullying.

Keep it **LEGAL**: Be aware of the legal consequences of your online activities. Visit www.digizen.org to think more about what it means to be a good digital citizen.

Keep in **MIND**: Not everything you see or everyone you meet online is reliable.

Keep in **CONTROL**: Adults who go online to chat to young people and arrange to meet up in order to have sex are breaking the law. If you have met someone online and conversations with that person are making you feel uncomfortable, tell an adult you trust or report it to the police. **www.thinkuknow.co.uk**. All reports are taken seriously and a police officer will contact you to help sort the problem out.

KEEP SMART ON YOUR MOBILE

KEEP SMART and help you and your mates use mobiles positively.



Keep it **SAFE**: Don't give out your mobile number to people you don't know, especially on Instant Messenger or in chat rooms. If your phone does get lost or stolen you can ring 08701 123 123 to get it blocked using your IMEI number.

Keep in **CONTROL**: If you start getting texts that upset or annoy you, don't reply.

Keep it **LEGAL**: If you receive a rude or embarrassing image or text about someone don't pass it on.

Keep **YOUR MATES SAFE**: Think before you send a picture or video from your phone and always ask your friend's permission before taking a picture of them. Go to **www.digizen.org** for more information.

Keep a **RECORD**: If you are uncomfortable about any images or messages you get sent on your mobile, then keep a record of them. They may be used as evidence. Contact your mobile operator if you are receiving nuisance calls to see what they can do to help.

Source: 'Keep smart on your mobile' produced by Childnet



MORE INFO HERE...

www.digizen.org: be a good digital citizen and find out about cyberbullying and social networking sites

www.chatdanger.com: about staying safe in chatrooms, online games, Instant Messenger and on mobiles

www.childnet.com/sorted: how to keep your information secure from spyware, viruses, spam, and more useful information

www.phonebrain.org.uk: will help you stay in control of the money you spend on your mobile and help if you have problems with premium rate numbers

www.thinkuknow.co.uk/11_16: how much do you know, how to stay in control, how to have fun and how to report

http://find.redbridge.gov.uk Families Information Direct (FiND): is a one stop information and advice service, for all families, young people and those who work with families in Redbridge. You can also contact FiND on 0800 587 7500