**Tips for parents**

* Talk to your child about their online life
* Set boundaries about what they can and cannot do online
* Talk to your child about webcams
* Know what connects to the internet in your home and how
* Consider parental controls
* Emphasise that not everyone is who they say they are
* Know what to do when things go wrong
* Check age restrictions on games

**Tips for Young People**

* Rethink the way you use social media site
* Employers check social networking sites before employing staff
* Digital footprint – *the trail you leave from all your digital activities and interactions i.e. emails, texts, uploaded photos etc.*
* Don’t encourage others to be nasty
* Post positive comments only
* Refrain from joining in arguments
* It is wrong to enjoy the attention and reaction of others by being rude about someone else
* Keep personal information personal
* DO NOT share ‘dirties’
* If you choose to post comments be aware that anyone can read them
* Keep all your accounts private and keep checking your settings. Accounts can return to public if you have updated software on any of your devices.
* Rethink the way you use social media sites
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**Stay Safe Online**



[www.respectme.org.uk](http://www.respectme.org.uk/)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk/)

[www.childline.org.uk](http://www.childline.org.uk/)

[www.childnet.com](http://www.childnet.com/)

[www.kidsmart.org.uk](http://www.kidsmart.org.uk/)

[www.saferinternet.org.uk](http://www.saferinternet.org.uk/)

[www.scotland.police.uk/keep-safe/safety-advice/online-safety/](http://www.scotland.police.uk/keep-safe/safety-advice/online-safety/)

www. Nspcc.org.uk

[www.choicesforlife.org](http://www.choicesforlife.org)

[www.bbc.co.uk/cbbc/games/beaker-you-choose](http://www.bbc.co.uk/cbbc/games/beaker-you-choose)

**Where can I access more information?**

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