



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

## **Be Smart. Be Safe. Be Secure. Be Switched On.**

Guidance for Young People

We hope you find this device useful for things like schoolwork and keeping in touch. The internet is fantastic, but you do need to know a few things about going online safely so you stay happy and confident when you use it. Here are a few tips.

### **Are You Smart?**

Talk to someone you can trust, like your parents/guardians, an auntie or uncle or your teacher, who will listen to you if you are worrying about something that you've seen or heard while you're online.

### **Are You Safe?**

Don't be fooled into sharing your personal details online with anyone without speaking to your trusted adult first.

## Are You Secure?

Passwords are like bubblegum:

- Strongest when they're fresh
- Should be used only once
- Shouldn't be left lying about
- Should be used by one person only, not a group



## Be Ready, Be Switched On:

Talk openly with your parents/guardians about what you like doing when you go online. Help them understand why you enjoy the things you do online. Remember to limit the time you spend online – there's still plenty to do and see in the real world.

## Check out these websites

[www.childline.org.uk](http://www.childline.org.uk) Lots of tips and advice to help you cope with being online and all the stuff that's going on in your life.

[www.bbc.com/ownit](http://www.bbc.com/ownit) Help, advice, skills and online inspiration. Quickly find whatever you're looking for on BBC Own It!



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