

Being safe with technology

- Don't reply to messages and posts that upset you, instead **PAUSE** and show an adult who you trust.
- Never reply to a message that comes from a person you don't know. **PAUSE** and tell a trusted adult.
- Never give a person on the internet your personal or private details (like a phone number, passwords, usernames, what school you go to, your email etc) **PAUSE** and tell a trusted adult.
- Be careful when sharing pictures of yourself online- think about who will see them and where they could be sent on to. If in doubt, **PAUSE** and don't post the picture.
- **PAUSE** and think- some people are 'fakes' on the internet and are not who they say they are, so if someone asks you to do something stop and think if it is a sensible thing to do and then check it out with a trusted adult.
- If you are worried about anything online tell an adult you trust.