

How to be safe and smart online

Top tips to help you get the best out of the internet while staying safe

Don't over share

- ❖ It's important not to share too much information online, especially personal stuff like photos, as you can't always control what happens to it.
- ❖ Never share information like your contact details or the name of your school with people you don't know. You wouldn't tell a random person at the bus stop where you live, so don't do it online.

Think before you post

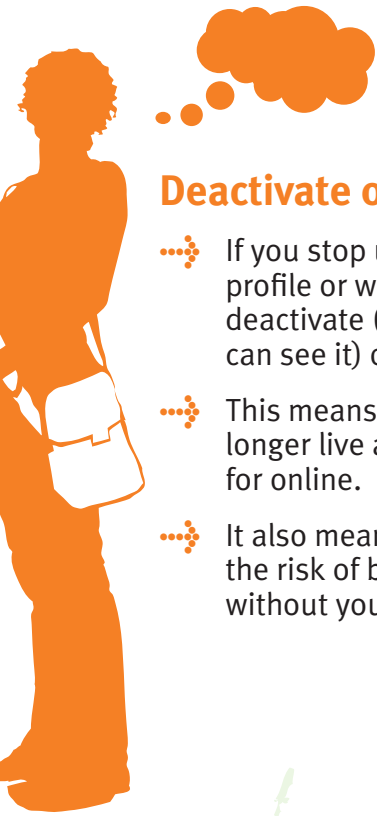
- ❖ Before you post that funny picture of your friend, or make a joke about someone on Twitter, ask yourself:
 - Would you find this post funny if it was about you?
 - What will your friend think about your post?
 - It may be funny, but is it kind?
- ❖ A good rule is: if you wouldn't say it in real life, don't say it online.
- ❖ Sexting (sharing sexual or naked photos) can be very risky. Did you know up to 8 out of 10 images people share online end up on other sites? For more info, visit www.childnet.com/sexting or www.ndcsbuzz.org.uk/sexting.
- ❖ **Remember:** once it's online it could be there forever.

Protect your reputation

- ❖ Type your name into a search engine like Google – you'll be amazed at how much information there is about you. This information is called your 'online reputation'.
- ❖ One day when you apply for a job, your future boss might 'Google' you – make sure your online reputation won't put them off hiring you.
- ❖ **Remember:** friends and family can Google you – will you be happy with what they see?
- ❖ If you find something about yourself online that you don't like you can ask the website to remove it, or if it was posted on social media you can report it – see 'Don't like it? Block it, report it' (over the page).

Keep it private

- ❖ Check the privacy settings on your social media accounts like Instagram or Facebook to make sure you know what kind of information you're sharing about yourself.
- ❖ Remember that your friends' privacy settings can affect what information about you is made public from their accounts.
- ❖ If you need some help with checking your privacy settings, visit www.saferinternet.org.uk/checklists.
- ❖ Keep your passwords private, and don't make them easy to guess – make sure people can't get into your account and pretend to be you.




Deactivate or delete

- ❖ If you stop using a social networking profile or website, it's best to deactivate (hide the profile so no one can see it) or delete the account.
- ❖ This means that the content is no longer live and it can't be searched for online.
- ❖ It also means the accounts don't run the risk of being hacked (broken into) without you knowing.



Don't believe everything

- ❖ Not everything or everyone online can be trusted.
- ❖ Question what people online want from you and why.
- ❖ **Remember:** not everyone online is who they say they are. 
- ❖ Never meet up with strangers you've been talking to online – they might have been lying about who they are, and could be dangerous.

Don't like it? Block it, report it

- ❖ Social media sites have tools which let you 'block' people you don't want to be in contact with.
- ❖ If you find something online that worries or upsets you, or you are being bullied online you can report it. It's also a good idea to tell an adult you trust and save evidence of what you've found.
- ❖ For more info on blocking and reporting visit www.childnet.com/resources/how-to-make-a-report.
- ❖ You can find more info on cyberbullying at www.ndcsbuzz.org.uk/stayingsafeonline.
- ❖ If you have met someone online and the conversations with that person are making you feel uncomfortable, tell an adult you trust or report it to the police at www.thinkuknow.co.uk.



National Deaf Children's Society

Freephone Helpline: **0808 800 8880** (voice and text)

helpline@ndcs.org.uk

www.ndcs.org.uk/livechat

www.buzz.org.uk (for you)

www.ndcs.org.uk (for your parents)

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