



# Staying Safe

## a guide



### Be a good communicator

Use good manners at all times and never be rude or mean to anyone in emails, texts and online conversations



### Only accept good communication

Only accept good manners from people who email, text or have online conversations with you. If anyone upsets you keep the messages and show them to a trusted adult



### Be careful what you post

Think before you post and agree not to post information photos or videos that could put you at risk or embarrass you or your friends now or in the future



### Be careful who you accept as a friend

Only accept people as friends that you really know



### Be careful what you share

Always keep your personal information private by not sharing your full name, address, passwords, school name, email address or phone numbers with anyone online



### Be careful who you meet

Only ever meet up with someone you talk to online if your parent or carer says its ok and they go with you

### Listen to your feelings and act if you feel uncomfortable

Always tell a trusted adult if anything you see or hear online makes you feel sad, scared or confused



### Make sensible choices

At school only access sites that help you learn. At home have fun by choosing sites and games that are meant for children your age

# My Cyber Safe agreement

Having access to technology is a wonderful thing and being online is part of that. Following this agreement will help you to make sure that you have fun and stay safe wherever you use technology. Read through it with your parent and make sure you both understand before signing it below.

## **I will be a good communicator**

by using good manners at all times and never being rude or nasty to others in my emails, texts and online conversations.

## **I will only accept good communication**

by expecting good manners from people who email, text or have online conversations with me.

If anyone says or does anything to upset me I will keep the messages and show them to a trusted adult.

## **I will be careful what I post**

I'll stop and think about the consequences before I post something online. I will never post or forward information, photos or videos that could cause embarrassment or put me or anyone else at risk.

## **I will be careful who I have as an online friend**

by accepting people that I really know and only sharing my profiles with friends

## **I will be careful what I share**

by keeping my personal information private. I will never share my, or anyone else's, full name, address, passwords, school name, email address, current location or phone numbers with anyone online.

## **I will be careful who I meet**

I won't meet up with anyone I talk to online unless my parent or carer says its ok and they come with me.

## **I will listen to my feelings**

and tell a trusted adult if anything I see or hear online makes me feel sad, scared or confused.

## **I will make sensible choices wherever I am**

At school by only accessing sites that help me to learn.  
At home by choosing sites and games that are meant for young people my age.

I agree to follow the Cyber Safe agreement

I agree to support .....  
(young person) to follow the Cyber Safe agreement

.....  
Signature of young person

.....  
Signature of Parent/Carer