



- Always ask before you send a picture or information that could be shared with other people. Remember that you don't know what will happen to any pictures or information you let people have. What you think of as a joke might be really upsetting for the other person when the whole world sees it.
- Think before you send a message about yourself or any other people involved. It doesn't take long for it to be shared with every single person you know (from your best friend to your grandmother to your worst enemy).
- Never give out personal information when it can be shared with others. You may trust your new friends, but you don't know their friends.
- Treat your password like your toothbrush – don't let anyone else use it!
- If you receive nasty messages, texts, comments, etc, block the person sending them and always report it to an adult (a parent, someone at school or your service provider).
- Don't reply to a bullying message, but do keep it – whether it's a picture, message or online communication.
- Remember that you have to be 13 years of age before you can have a Facebook page.
- NEVER arrange to meet a stranger you've met on the Internet as you may put yourself in real danger.
- Our Safer Schools Partnership Officer can advise you about the law and cyber-bullying.
- For more information contact www.childline.org.uk (tel/ 0800 1111).