Online Safety: Top Tips for Children - Primary

Being online can be exciting and fun – but some things online can leave you feeling upset, worried or confused. If you feel any of these things when you're online, it's important to know where to get help.

- **Always ask a grown up** before you use the internet. They can help you find the best thing to do.
- **Don't tell strangers** where you live, your phone number or where you go to school. Only your friends and family need to know that.
- **Don't send pictures** to people you don't know. You don't want strangers looking at photos of you, your friends or your family.
- **Tell a grown up** if you feel scared or unhappy about anything.

Help and Advice

If you find something on the internet that doesn't seem right, or someone has made you sad or scared, you should tell your mum, dad or the person who looks after you at home or a teacher at school.

Talk to someone!

It's great to talk and it can really help you feel better about things. There's lots of people you can talk to, such as friends, family members and teachers. Checkout Childnet for Primary Children

1. **Make a report**

   If something has happened on a service like a game or social media site, you might be able to **make a report**. You can often report other users if they've done something to upset or worry you. You can also report content - such as hurtful comments or upsetting photos that you don't want to see.

2. **Call Childline**

   If you're really unsure about what to do and you don't have anyone you can talk to, then remember you can always call Childline on 0800 11 11 or visit **their website** for more advice

   Source: www.childnet.com