

Advice

- It is not a competition to see who has the most followers online.
- Someone you don't know in real life is a stranger. Would you want to share the photos and videos you put on social media with a stranger?
- Remove 'followers', 'contacts' or 'friends' from your social media that you do not know in real life.
- Remember – you don't always know who you are talking to online.
- Never ever meet someone you have only ever met online.
- If you are not sure how to remove followers or check privacy settings, ask a trusted adult.

Where to go for help and advice:

childline

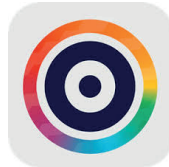
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Child Exploitation and Online Protection



Think U Know (also great for grown-ups)

BBC Own It App



BBC
OWN IT

Childnet



Childnet
International

PEGI



Year 6
Internet Safety

Gaming and PEGI



- This is an age rating system used in the UK to make sure that computer games are clearly labelled by age, according to their content. It is illegal for makers not to include warnings.

To find out the age ratings visit:

- <https://pegi.info/>
- Social Media does not have GI but to use the different apps you need to be the following ages:

Instagram – 13

Facebook – 13

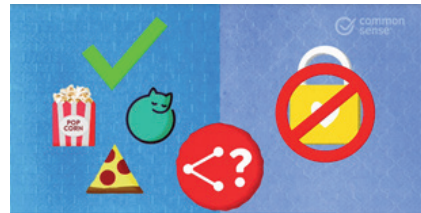
Snapchat – 13

Whatsapp- 16

TikTok – 13

Sharing information

- Sharing information about what we like – Movies, Games, Sports team is OK.
- Sharing private information - Date of Birth, School name, current location – information about YOU, is NOT OK



Sending Pictures

- Stop and think before you send any pictures.
- Think “what would the grown up I live with think if they saw this picture?”
- If you live stream make sure a parent is present and you have the right privacy settings.

Privacy settings

- If you are on social media make sure your account settings are on private.
- Turn location services off, you do not need to share your current location on line.
- Make passwords strong – 3 random words.
- Username – again think random, do not include information about you.

