



### ZIP IT

Keep your personal stuff private and think about what you say and do online.



### BLOCK IT

Block people who Send nasty messages and don't open unknown links and attachments.



### FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

## e-safety Rules



Ask permission before using the internet.



Tell a trusted adult if you see anything that makes you feel uncomfortable.



Immediately turn off the monitor if there is a website you are uncomfortable with, and report it to an adult.



Do not give out any personal information such as name, address, telephone number (s), age, school name or bank card detail.



Make sure that when using social networking sites, privacy settings are checked so that not just anyone can see your page/photos.



Only contact people you have met in the real world.



Never arrange to meet someone that you have only met on the internet.



Only use a webcam with people you know.



Think very carefully about any pictures that you post online.



Only open e-mails from people that you know.