



STAYING SAFE ONLINE (Advice for Children)

There are lots of fun and interesting things you can do on the internet. And it can be a great way to stay in touch with friends. Sometimes people will try to trick you into clicking dangerous links or sharing things about yourself or something you've shared might be used to bully or frighten you.

Follow the **SMART** rules and top tips for using the internet safely and positively.

SAFE:

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

MEET:

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk or to contact Police Scotland www.scotland.police.uk by calling 101 for advice and support (or call 999 if you think a child is in immediate danger).

ACCEPTING:

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

RELIABLE:

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

TELL:

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk

Remember to always be kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

*This alert was sent out for your information by Police Scotland Safer Communities
Cybercrime Prevention Unit - SCDCyberPreventionNorth@Scotland.pnn.police.uk /
SCDCyberPreventionEast@scotland.pnn.police.uk*

All information was correct at time of distribution. 22/04/2020

Useful Links and further information

Think you Know: An education programme for advice about staying safe when you're on a phone, tablet or computer. www.thinkuknow.co.uk

Home Activity Packs: Download home activity packs with simple 15-minute activities for you to support your online safety at a time when you will be spending more time online at home. www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets

Project Evolve: Resources to equip children and young people for digital life. www.projectevolve.co.uk

UK Safer Internet Centre: Promote the safe and responsible use of technology for young people and provide online safety tips, advice and resources to help children and young people stay safe online. www.saferinternet.org.uk

Childline: Childline is a free and confidential service for children and young people. You can phone them on 0800 11 11 or you can visit their website www.childline.org.uk

NSPCC: If you are an adult and worried about a child you can call the 24-hour NSPCC helpline on 0808 800 5000 or visit their website. www.nspcc.org.uk

Young Scot: Young Scot is the national youth information and citizenship charity for 11–26 year olds in Scotland and provide young people with information, ideas and opportunities to help them make informed decisions and choices. www.young.scot

Crimestoppers: Call 0800 555 111 or visit their website www.crimestoppers-uk.org

Police Scotland: Call 101 for advice and support (or call 999 if you think a child is in immediate danger). www.scotland.police.uk

If you require any further Cyber Protect/Prevent information you can contact one of the SCD Safer Comms Hubs in the North & East –

Beverly Bowles & Mike Smith – SCDCyberPreventionEast@Scotland.pnn.police.uk

Gordon Macdonald / Robbie Ross – SCDCyberPreventionNorth@scotland.pnn.police.uk

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