



## rules for young people



**SAFE** - Keep safe by being careful not to give out personal information - including full name and email address - to people online who you don't know or trust.



**MEETING** - Meeting up with someone you have only been in touch with online can be dangerous. Only do so with your parent's/carer's permission and then only when they can be there... Never go alone.



**ACCEPTING** - Accepting e-mails, IM messages or opening files from people you don't know can be dangerous - they may contain viruses or nasty messages!



**RELIABLE** - Someone online may be lying about who they are, and information you find on the internet may not be true. Check information and advice on other websites, in books or ask someone who may know.



**TELL** - Tell your parent/carer or teacher if someone or something makes you feel uncomfortable or worried, or you or someone you know is being cyber bullied.