

Cyber Wellness

Rules for online safety

1. Respect

Always treat others how you would like to be treated and treat everyone with respect

2. Spam is Ugly

Unwanted messages are spam. Spam annoys people and may get you on their 'spam list' so you won't be able to send anything else to them.

3. Words can hurt

Some people might be hurt by what you write or say online. Always think, "How would I feel if someone sent this to me?"

4. Don't get personal

Don't share personal details. This includes your phone number, address, date of birth or even second name.

5. Passwords are private

Don't share your password, not even with your best friend. It is a good idea to change your password at least once every month.

6. Do it online

Don't arrange to meet someone you only know online unless you have first checked with your parents. If your parents say it's OK to meet your online friend in person, ask your parent to go with you for the first time. Always meet in a public place and preferably during the day.

7. Say no to bullying

You should never bully or be mean to anyone online. This includes deliberately excluding someone or ignoring them.

8. Shout out

If you see someone being bullied, stand up and say something. Tell the person being bullied that you support them and report the incident to an adult.

9. Take care when uploading

Don't upload anything unsuitable. This includes video, sound, music and images that are copyright or belong to someone else (unless you have permission), are rude, explicit or unkind.

10. Don't go there

Not all websites are suitable or safe for children. Take care when visiting or recommending websites to others. If you are unsure check first with a teacher or parent.

