

Safeguarding Team

Online Safety Advice

8 – 12 Year Olds

October 2022

Online Safety Advice: 8-12 Year Olds

Privacy	
What you need to know:	Key advice:
<p>When you go online, you need to think about the information you choose to share about yourself. This is information that belongs to you and could include where you live, where you go to school, your phone number or your passwords.</p> <p>You also need to think about who you share this information with. In the real world, this decision is easy – you share with the people you know and trust – but it's more challenging online. When you're online, you can use privacy settings to help you choose who can see what you post and share.</p>	<p>Change your privacy settings Set these to the most private option – only sharing with people you know in the real world.</p> <p>Keep your passwords safe Don't share them with anyone else. If you think someone knows your password, change it.</p> <p>Turn off live location This stops apps, games and websites from knowing where you are.</p> <p>Think carefully about what you share Remember, the more you share about yourself, the more other people can find out about you.</p> <p>Delete friend requests from strangers Do not accept friend requests from people you do not know in the real world.</p> <p>Delete old accounts Delete accounts you no longer use to stop others seeing them.</p>

What you see online	
What you need to know:	Key advice:
<p>With so many social media, streaming and gaming apps and sites available, there is a risk that you may see or read something online that you find upsetting. This could be seeing things that make you upset or frightened or</p>	<p>Turn on content filters Using content filters will stop you seeing things that you don't like or upset you.</p> <p>Tell a trusted adult</p>

that might not be true. Many apps and websites are designed to show you more of what you have watched, liked or shared. So, if you have already seen something that upsets you, it is possible that you will be shown more like this.

You may also see things online that do not upset you, but may change the way you feel about yourself, especially on social media. Some people post pictures of themselves doing or having amazing things and use photo filters to make their pictures look perfect. It can be difficult not to compare your own life to theirs, which can leave you feeling bad about yourself. Remember that most people only post pictures that they think people will like, share and react to, so they only post the best bits.

If you see something that makes you uncomfortable or you don't understand, don't watch it again and tell a trusted adult.

Report and block

If you see something that upsets you, ask an adult to help you report and block.

Think about who you follow

On social media, think about the accounts you follow and how they make you feel about yourself.

Check the facts

Not everything you see online is true – even photos can be fake. Ask an adult to help you check the facts.

Connecting with others online	
What you need to know:	Key advice:
<p>There are loads of ways to meet and connect with new people online and lots of opportunities to make new friends. It can be fun chatting to others who are interested in the same things as you, but not everyone you meet online can be trusted.</p> <p>When you make friends online, it can sometimes be difficult to know if they are telling you the truth. Some people use fake accounts and pictures to meet and chat with you, pretending to be someone else. Some people do this to cause harm, knowing that it can be difficult to catch them doing something wrong online.</p>	<p>Chat to real friends only The safest way to chat online is to only chat with people you know in the real world.</p> <p>Tell a trusted adult If someone you don't know asks you to chat, share a photo or video or to turn your camera on, don't reply and tell a trusted adult.</p> <p>Report and block If someone you don't know does something that upsets you, ask an adult to help you report and block.</p> <p>Do not meet up in person If someone you don't know wants to meet you in person, don't reply and tell a trusted adult.</p>

Online behaviour	
What you need to know:	Key advice:
<p>Being online can be great, but you need to think about how you behave online. You may feel like sharing information about yourself that you would not share in the real world, without thinking about what could go wrong. Some people are tempted to take part in bullying or unkind behaviours because that is how you are seeing other people behave online. You may also take other risks online because others are encouraging you to do so or because you feel safe behind your digital screen. It is important to remember that your behaviour online should reflect your behaviour in the offline world.</p> <p>Most social media and gaming platforms have their own set of rules which tell users how they expect them to behave. These rules are called 'community guidelines' or 'terms of use.' They should tell you what behaviour is not allowed and what might happen if you break these rules. When you create an account on the platform, you have to agree to follow these rules.</p>	<p>Think before you post Stop and think to avoid posting anything that could upset someone else or harm you in the future.</p> <p>Tell a trusted adult If you are worried that someone has shared something hurtful about you, tell a trusted adult.</p> <p>Be kind online Treat everyone online as you would treat them in the real world.</p> <p>Don't feel pressured You should not feel pressured to post or share anything online that you are not comfortable with. If someone is making you feel uncomfortable, ask an adult to help you report and block.</p>

Digital footprints	
What you need to know:	Key advice:
<p>When you go online, you leave a digital trail of information about yourself. This is called a 'digital footprint' and it creates a picture of who you are as a person. Your digital footprint can be seen by people you know, but also by people you don't. This information can be used to find out more about you and to form an opinion of you. Your digital footprint will show all your best bits, but it will also show things you may later regret sharing.</p> <p>It can be difficult to keep control of your digital footprint once you post or share something. It can be easily copied and reposted without your knowledge and then become difficult to remove from the internet. Taking time before posting online may help you to avoid sharing something you may regret in the future.</p>	<p>Think before you post Stop and think to avoid posting anything that could upset someone else or harm you in the future.</p> <p>Change your privacy settings Set these to the most private option – only sharing with people you know in the real world.</p> <p>Log out or delete Remember to log out of your accounts and delete the ones you no longer use.</p> <p>Think of others When you post about or tag your friends, think about how this may add to their digital footprint.</p>

Reporting	
What you need to know:	Key advice:
<p>We know that it can be hard to report – sometimes you may feel that you do not want to draw attention to yourself or make life difficult for those around you. But it is important that you know that it's ok to speak out about something that has made you uncomfortable and you will be listened to. Speaking out can also help others.</p>	<p>Tell a trusted adult If someone has made you feel upset or uncomfortable online, tell a trusted adult.</p> <p>Block If someone is bothering you online and you want them to stop, ask an adult to help you block them.</p> <p>Report If someone has sent you something that you find upsetting, ask an adult to help you report it.</p>

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