



www.getsafeonline.org

TESCO

Be Smart. Be Safe. Be Secure. Be Switched On.

Guidance for Young People

We hope you find this device useful for things like schoolwork and keeping in touch. The internet is fantastic, but you do need to know a few things about going online safely so you stay happy and confident when you use it. Here are a few tips.

Are You Smart?

Talk to someone you can trust, like your parents/guardians, an auntie or uncle or your teacher, who will listen to you if you are worrying about something that you've seen or heard while you're online.

Are You Safe?

Don't be fooled into sharing your personal details online with anyone without speaking to your trusted adult first.

Are You Secure?

Passwords are like bubblegum:

- Strongest when they're fresh
- Should be used only once
- Shouldn't be left lying about
- Should be used by one person only, not a group



Be Ready, Be Switched On:

Talk openly with your parents/guardians about what you like doing when you go online. Help them understand why you enjoy the things you do online. Remember to limit the time you spend online – there's still plenty to do and see in the real world.

Check out these websites

www.childline.org.uk Lots of tips and advice to help you cope with being online and all the stuff that's going on in your life.

www.bbc.com/ownit Help, advice, skills and online inspiration. Quickly find whatever you're looking for on BBC Own It!



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