

Safer Internet day: 10 things you should teach children and young people

[Safer Internet Day](#) offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet.

What we should teach children and young people

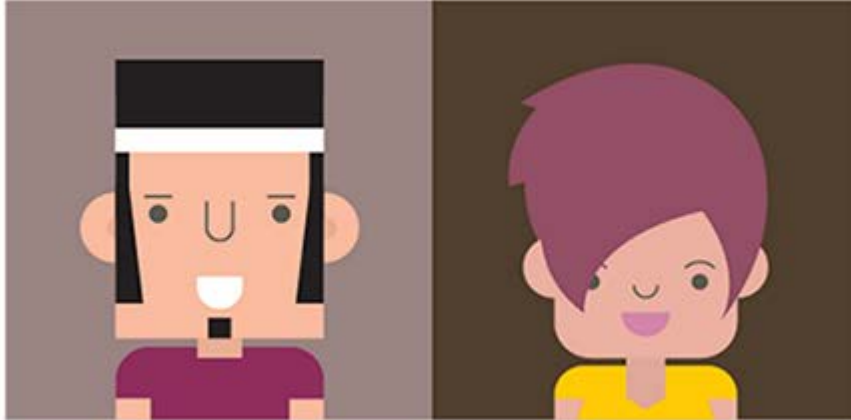
1. Set privacy settings and guard your information: Address; phone numbers; school; city or town; parent's workplace; passwords.



2. Guard your information: Technology can share information without knowledge; for example, turn off synchronisation on Android devices, turn off location services and switch on when required.



3. Limit time online: Log off and play; take time for family and proper face-to-face time with friends.



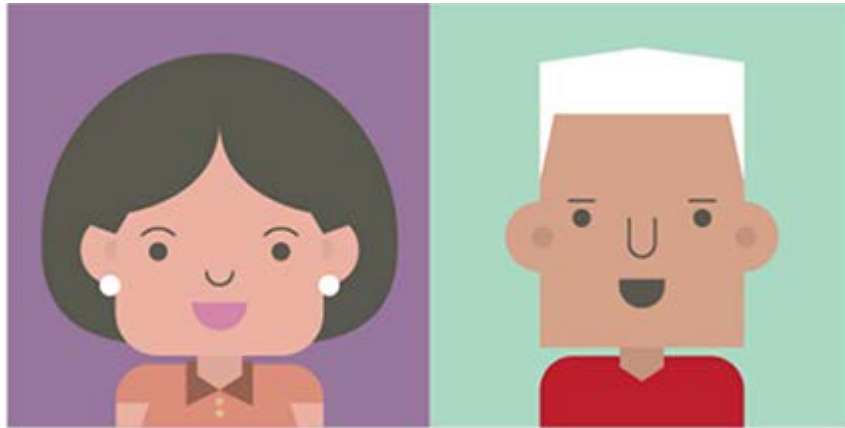
4. Friend of foe? Never schedule offline meetings with 'online only' friends; tell parents if anyone tries to meet you offline; not everyone is who they say they are.



5. Communicate: Talk about it if someone has upset you; stay away from 'adult only' sections of the internet; tell your parents about anything that makes you uncomfortable; do not believe everything you see just because it is on the internet doesn't mean it's true.



6. Safety with webcams: Never do random chat (sites like Chatroulette); only chat with family and friends; never do anything on the webcam you wouldn't want up on the screen; think before uploading video responses.



7. Time and place: Carefully consider whether to use geolocation (showing people exactly where you are) on social networks or games. Ask parents' permission before using it; do not use the internet for personal purposes at school or any place you visit regularly; check your privacy settings.



8. Be 'scam smart': Don't open strange emails; be aware of 'free' downloads that could hide viruses or spyware.



9. Don't be a 'pirate' (eg access music, videos or films illegally); don't use peer-to-peer file sharing as it leaves you open to viruses, spyware and identity theft.



10. Teamwork: Help your parents to protect you; help each other; communicate; cooperate; know when to log off.



Online Safety Training

Our [Online Safety](#) course meets national Police approved standards and will help you to understand the potential risks and dangers associated with keeping children and young people safe online.