

Never give out any personal information such as

your full name,

address,

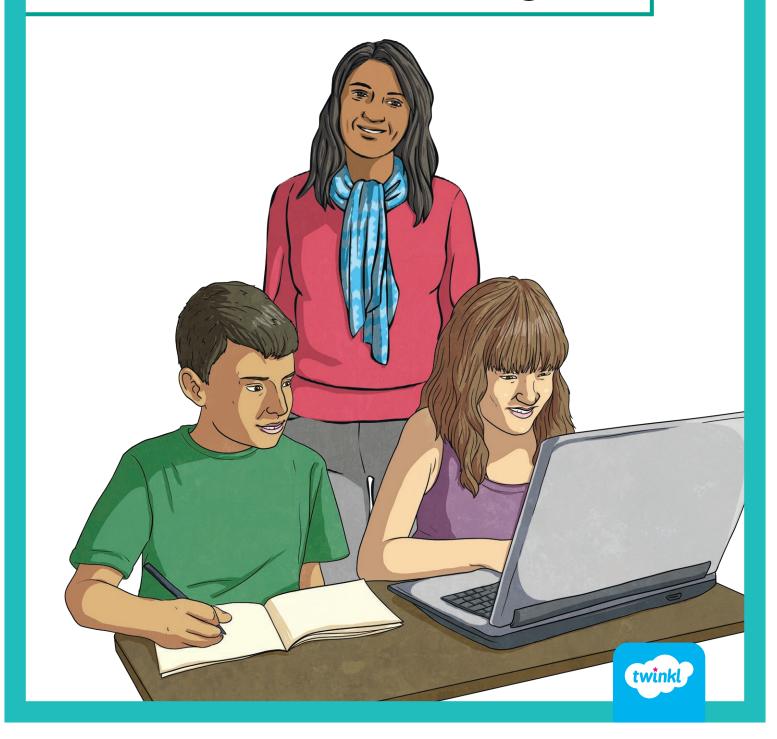
phone numbers or

school name.



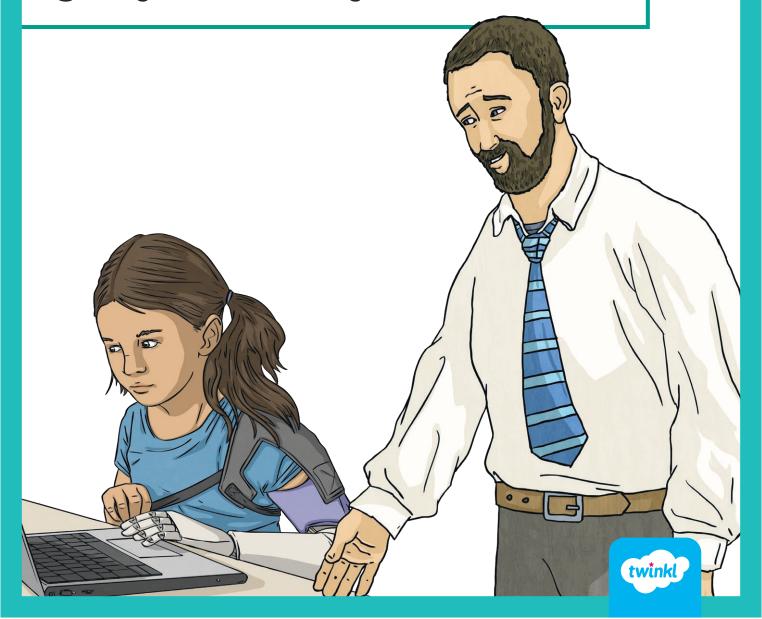


Only use a computer when an adult is nearby.





Tell an adult straight away if you come across anything that upsets you or makes you feel uncomfortable.





Never send a picture of yourself to a person that you don't know or haven't met.

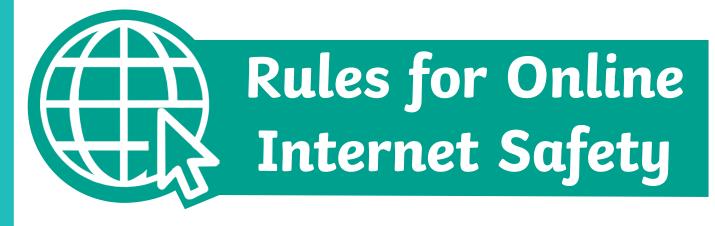




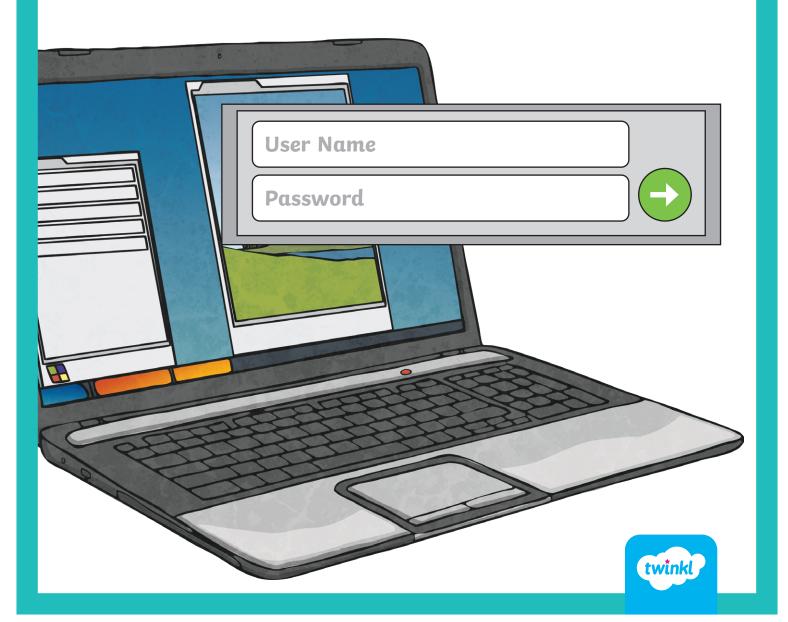
Never arrange to meet someone whom you have met through the Internet, even if you think you know them well or they seem really nice.

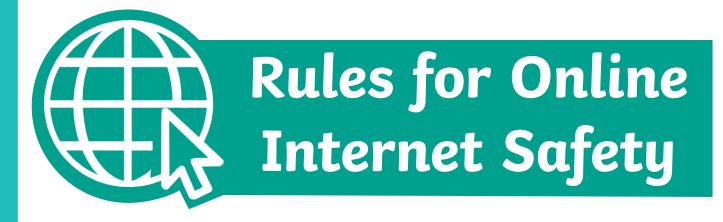






Never give out your password to anyone (even your best friends) other than your parents.





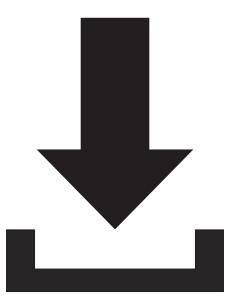
Don't fill out forms online without asking an adult first.

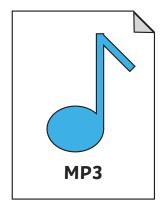






Check with an adult before downloading anything as it could damage the computer.





Sample file.mp3

