

## 10 things kids need to know about phones, apps & being online

See the rules for parents on the previous page.

- 1 Anything that you post anywhere online, using an app, or on a phone you use, can possibly be seen by anybody. Don't post anything you wouldn't want your teachers, parents, grandparents and the rest of the world to see.
- 2 Never post any private information like your school, home address, phone number, birthday details, or info about your family. Strangers can use this to steal from your family or do you harm.
- 3 Ask your parents to help you to adjust 'privacy' and location settings on all phones and other devices. Never 'tag' any posts with a location or allow friends to tag you in photos. 'Don't allow' is your friend.
- 4 Know your own phone number and your parents' or guardians' phone numbers off by heart, even if they are stored in your phone.

### Creeps online

You may think you're chatting online to a friend your own age but it might be a creepy adult man, pretending, instead. Creeps research bands, books, TV shows, movies, gaming, interactive websites and other stuff teenagers like, so they can sound younger. They use fake pictures. Their aim is to meet you or find out where you live, or watch you or keep talking to you, or sadly, to hurt you in some way.

They can be very cunning and patient, spending weeks or months turning you against friends and family; saying they're the only one who understands

- 5 Don't use any video apps or other social media apps or any other way of chatting live or posting video of yourself unless your parents help you do that.
- 6 Only allow friends you already know in 'real life' to have access to your posts. It doesn't matter how many 'followers' you have. What matters is who they are.
- 7 Don't have contact online or through your phone with anyone your parents don't know about.
- 8 Even as a joke, never send nude pictures or photos of yourself in underwear: it's illegal. You will lose control of who gets to see the pictures.
- 9 If any contact on social media or something you see online or on your phone seems wrong or makes you feel uncomfortable, tell your parents or your teacher.
- 10 Never, ever, *ever* go to meet somebody in real life that you have met online unless your parents come with you. It is rare, but some girls have been kidnapped and hurt by adult men who had been pretending to be their young friend.

you; telling untrue stories of illness or bullying to make you feel sorry for them; promising you money, exciting holidays or presents; making you believe they're a celeb or a friend, or somebody who loves you; or blackmailing you by threatening to tell your parents something bad or to hurt you or someone else.



Warning signs of a creep:

- 📞 Your parents don't know that person.
- 📞 The person wants to meet you in the 'real world'.
- 📞 They want you to send them photos or turn on your web cam.
- 📞 They want to give you a present, or money or credit.
- 📞 They want to keep your 'friendship' secret or private.
- 📞 They mention things or ask questions that don't seem okay.
- 📞 Sometimes they're nice and sometimes they seem threatening.

Tell a trusted adult straight away about any behaviour that seems a bit weird.

### FACT

**Scams** Even if it seems okay, or a post or call says you could win a prize or some money or get game credits or time, *never* give your full name, date of birth, address, school or other including parents' credit card numbers or bank info to ANYONE online or on social media. This is always a scam to try and steal money.

### FACT

**Pic flick** If an embarrassing pic of you is posted or texted, don't despair. Ask friends to delete it, get help from a trusted adult to work out how to stop it happening again, and put it down to experience. One picture doesn't define you.

'My phone was telling everyone where I was! My aunty fixed it.' Aliyah

## Getting your independence online

The online and gaming world has some fun stuff. But it will all still be there – in fact there'll be better stuff there – when you turn 13 and as you get older. Even when it seems totally safe, it isn't. So enjoy lots of other stuff as well, and form a partnership with your parents about the responsibilities of being online. This way, when the time comes for you to have some more independence, they'll know you understand the risks and the rules.

'A girl in my year had embarrassing photos put online recently and nobody looks at her differently. Don't waste time regretting what happened, everyone makes mistakes, don't let them hold you back.'

Elle