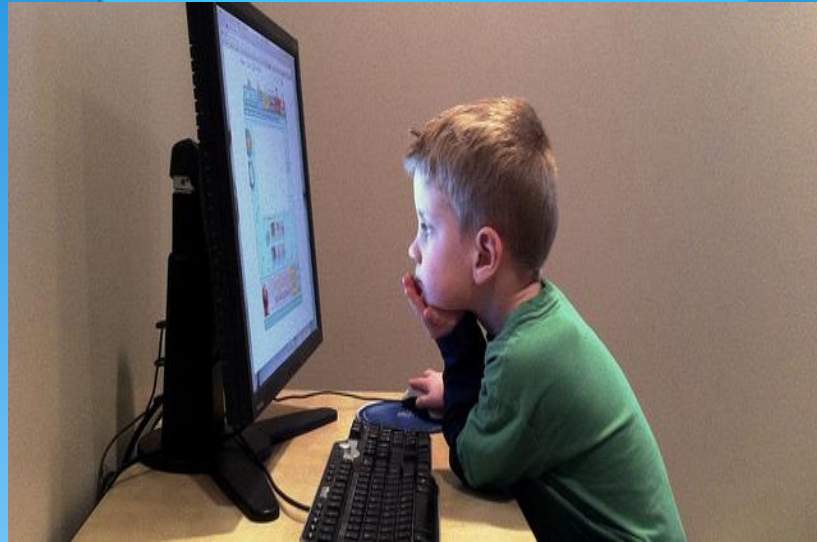


Staying safe and happy online





At the moment we are all using computers, tablets and phones more than ever. We use them for our school work or to get together with friends online.

Being online and using the internet safely to communicate with family and friends can make us feel really happy.



However, it is possible that we might see, read or hear things online that make us feel unhappy, bad or scared.



To stay happy online we have to
be careful:

1. Be sure you are comfortable with what you see and read.
2. Be sure what you show and say doesn't make anybody else feel uncomfortable, bad or sad.



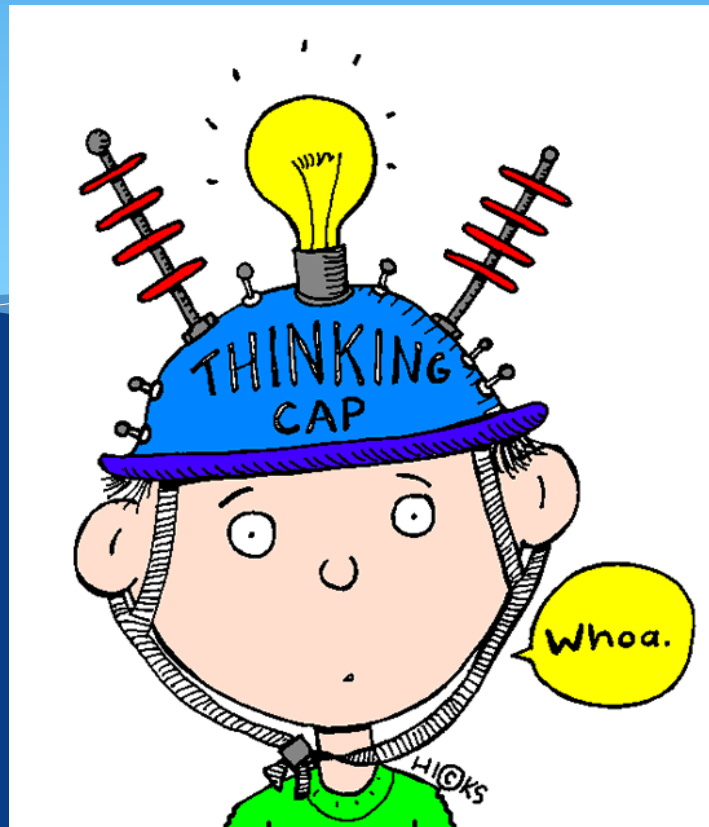
What can I do if I see something that makes me feel bad or sad?

It is really important to tell a parent or an adult that you live with or a trusted adult like a teacher. You can even ask a friend to help you tell an adult if you feel awkward.

The adult will want to help you and protect you.

Question:

How can I be sure that what I say and show online doesn't make anybody else feel bad or sad?



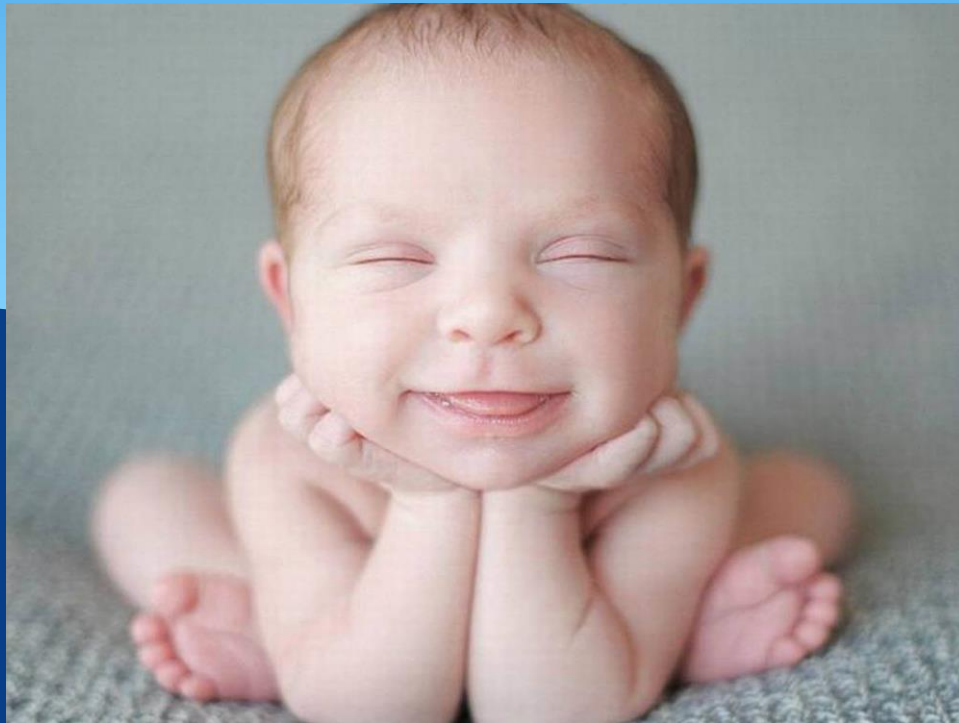
Answer: THINK!


‘Would it be alright to do this in front of my grandma?’

‘Would it be alright to say this in front of my grandma?’



If the answer is 'YES!' you know
you're not going to make
anyone feel sad or bad.





For parents who would like to continue talking about online safety with their children, some excellent age appropriate further activities and films can be found at Thinkuknow.

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

OnlineSafetyAtHome activity packs to help parents and carers during COVID-19 can be found at:

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>