

# How to be safe and smart online

Top tips to help you get the best out of the internet while staying safe

## Don't over share

- ❖ It's important not to share too much information online, especially personal stuff like photos, as you can't always control what happens to it.
- ❖ Never share information like your contact details or the name of your school with people you don't know. You wouldn't tell a random person at the bus stop where you live, so don't do it online.

## Think before you post

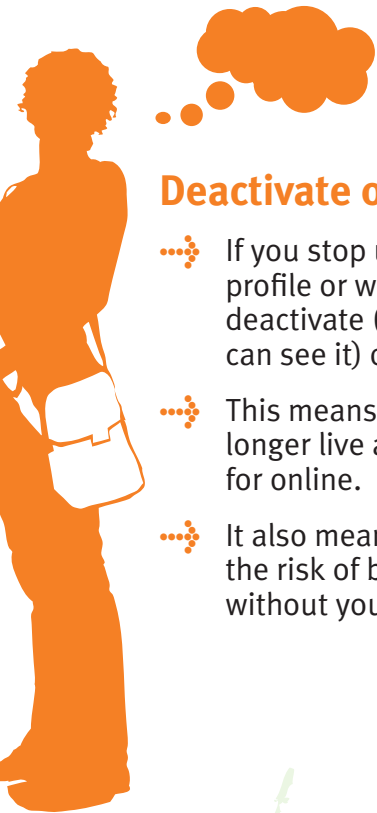
- ❖ Before you post that funny picture of your friend, or make a joke about someone on Twitter, ask yourself:
  - Would you find this post funny if it was about you?
  - What will your friend think about your post?
  - It may be funny, but is it kind?
- ❖ A good rule is: if you wouldn't say it in real life, don't say it online.
- ❖ Sexting (sharing sexual or naked photos) can be very risky. Did you know up to 8 out of 10 images people share online end up on other sites? For more info, visit [www.childnet.com/sexting](http://www.childnet.com/sexting) or [www.ndcsbuzz.org.uk/sexting](http://www.ndcsbuzz.org.uk/sexting).
- ❖ **Remember:** once it's online it could be there forever.

## Protect your reputation

- ❖ Type your name into a search engine like Google – you'll be amazed at how much information there is about you. This information is called your 'online reputation'.
- ❖ One day when you apply for a job, your future boss might 'Google' you – make sure your online reputation won't put them off hiring you.
- ❖ **Remember:** friends and family can Google you – will you be happy with what they see?
- ❖ If you find something about yourself online that you don't like you can ask the website to remove it, or if it was posted on social media you can report it – see 'Don't like it? Block it, report it' (over the page).

## Keep it private

- ❖ Check the privacy settings on your social media accounts like Instagram or Facebook to make sure you know what kind of information you're sharing about yourself.
- ❖ Remember that your friends' privacy settings can affect what information about you is made public from their accounts.
- ❖ If you need some help with checking your privacy settings, visit [www.saferinternet.org.uk/checklists](http://www.saferinternet.org.uk/checklists).
- ❖ Keep your passwords private, and don't make them easy to guess – make sure people can't get into your account and pretend to be you.




## Deactivate or delete

- ❖ If you stop using a social networking profile or website, it's best to deactivate (hide the profile so no one can see it) or delete the account.
- ❖ This means that the content is no longer live and it can't be searched for online.
- ❖ It also means the accounts don't run the risk of being hacked (broken into) without you knowing.



## Don't believe everything

- ❖ Not everything or everyone online can be trusted.
- ❖ Question what people online want from you and why.
- ❖ **Remember:** not everyone online is who they say they are. 
- ❖ Never meet up with strangers you've been talking to online – they might have been lying about who they are, and could be dangerous.

## Don't like it? Block it, report it

- ❖ Social media sites have tools which let you 'block' people you don't want to be in contact with.
- ❖ If you find something online that worries or upsets you, or you are being bullied online you can report it. It's also a good idea to tell an adult you trust and save evidence of what you've found.
- ❖ For more info on blocking and reporting visit [www.childnet.com/resources/how-to-make-a-report](http://www.childnet.com/resources/how-to-make-a-report).
- ❖ You can find more info on cyberbullying at [www.ndcsbuzz.org.uk/stayingsafeonline](http://www.ndcsbuzz.org.uk/stayingsafeonline).
- ❖ If you have met someone online and the conversations with that person are making you feel uncomfortable, tell an adult you trust or report it to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk).



## National Deaf Children's Society

Freephone Helpline: **0808 800 8880** (voice and text)  
[helpline@ndcs.org.uk](mailto:helpline@ndcs.org.uk)  
[www.ndcs.org.uk/livechat](http://www.ndcs.org.uk/livechat)

[www.buzz.org.uk](http://www.buzz.org.uk) (for you)  
[www.ndcs.org.uk](http://www.ndcs.org.uk) (for your parents)

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