



**We all spend a lot of time online doing things like chatting with friends, watching videos, playing games, sharing photos. The internet is a great place to stay connected with people, learn about anything we can think of and it has transformed the way we live.**

As we spend so much time online it's important that we know what to do if someone is nasty to us online or shares something on the internet that upsets us or makes us feel uncomfortable. Follow our quick tips below to make the most of the opportunities the internet brings:



**Some of the stuff you find online might offend or upset you.** Whether that's a website, video, or post that you don't agree with. It can make you feel uncomfortable to come across something you definitely didn't want to see or didn't feel ready for. It's normal to feel this way: don't forget you can always talk to an adult such as a parent, family member, friend or teacher for advice. You can also use the 'report' tool on social media to report posts you don't think are appropriate. Finally, remember that anyone can post things on the internet and just because something is online, it doesn't mean it's true.



**It's important to treat others online as you would in real life.** Protect your online reputation and think before you post, as once you post something online it can be very hard to get rid of. Avoid sharing personal information about yourself online – things you post online could be shared publicly by anyone.



**If you receive messages that hurt or upset you, this is cyberbullying.** From inappropriate texts or blog posts, to sending offensive images over the internet and excluding people from group chats, cyberbullying can take a number of forms – but there are things you can do to stop it. Use the block and report tools on social media sites, don't retaliate, and tell an adult you trust. For more advice on cyberbullying visit our website: [www.antibullyingpro.com/how-to-stay-safe-online](http://www.antibullyingpro.com/how-to-stay-safe-online).



**Ever been shocked by the bill for using your mobile phone or tablet?** Texts, downloads and apps can all add up and, if you're on a 'Pay monthly' contract, you might not even notice the costs mounting until it's too late. Talk to your parent or guardian about your monthly bill so that everyone's clear what the money is being

spent on. Be aware of potential hidden costs when paying for products, in-app purchases and services directly from your device.

You should also bear in mind that whilst social media sites are free to use, one of the reasons they are able to make a profit is because they have access to information about its users. Other apps and services which are free may ask for your data, such as email address, name, or age to register, but sell this on to make a profit. Think about the data you're making available when you sign up to services and apps, and talk to a parent or guardian if you're unsure.

### More information

[www.antibullyingpro.com](http://www.antibullyingpro.com)

[www.antibullyingpro.com/how-to-stay-safe-online](http://www.antibullyingpro.com/how-to-stay-safe-online).

<http://www.saferinternet.org.uk/advice-and-resources/young-people/11-19s>

[www.vodafone.com/parents](http://www.vodafone.com/parents)