The most important thing to do is to tell a trusted adult and then block the person from contacting you.

Do's

1. KEEP YOUR PERSONAL INFORMATION PRIVATE ONLINE
   Only share it with people you know like friends and family. Ask a trusted adult, like your teacher or a family member, to help you change your privacy settings so that strangers can’t see it.

2. SPEAK POLITELY AND BE KIND TO OTHERS WHEN YOU SPEAK TO THEM ONLINE
   Treat them like you would treat them in real life and always remember your manners.

3. TELL A TRUSTED ADULT IF YOU ARE BEING BULLIED ONLINE
   If another person is sending you nasty messages, a trusted adult will be able to help you collect evidence and report the person to the relevant authorities.

4. USE PASSWORDS TO PROTECT YOUR PERSONAL INFORMATION
   Ask a trusted adult to help you create a password that you can easily remember but which is hard for other people to guess.

5. ALWAYS CHECK WITH A TRUSTED ADULT FIRST BEFORE USING A DEVICE OR DOWNLOADING A NEW APP
   This is so that they can check it is safe for you to use and make sure the privacy settings are right.

6. TELL A TRUSTED ADULT IF YOU SEE SOMETHING ONLINE WHICH YOU DON'T LIKE
   This can include anything that upsets you, makes you feel sad or which you’re unsure about.

7. USE THE INTERNET TO HAVE FUN AND TO HELP YOU FIND OUT INFORMATION ABOUT THINGS
   Remember to ask your trusted adult for help and always use child friendly search engines so that the information you get back is safe.

Don'ts

1. ACCEPT FRIEND REQUESTS FROM STRANGERS OR PEOPLE YOU DON'T KNOW
   Always tell a trusted adult if somebody you don’t know tries to contact you online.

2. SPEND TOO MUCH TIME ON YOUR DEVICE
   Instead, go out and play with your friends, get some fresh air and try to exercise more. This will help you stay fit and healthy.

3. REPLY TO MESSAGES FROM ONLINE BULLIES OR PEOPLE WHO SEND YOU NASTY MESSAGES
   The most important thing to do is to tell a trusted adult and then block the person from contacting you.

4. COPY PEOPLE'S WORK ONLINE OR PRETEND IT IS YOURS
   This is called plagiarism and can get you into a lot of trouble.

5. BE MEAN OR NASTY ONLINE
   Behave online like you would in real life and don’t post anything that can make you look like a bad person. Things that you post online can stay there for a very long time.

6. USE YOUR DEVICES CLOSE TO BEDTIME
   This will allow your brain to rest so that you can get a good night's sleep, stay focused at school and perform better in class.

7. SHARE PERSONAL INFORMATION ON THE INTERNET WITH STRANGERS
   Always tell a trusted adult if somebody you don’t know asks you for your personal information.