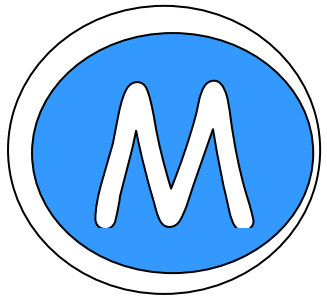


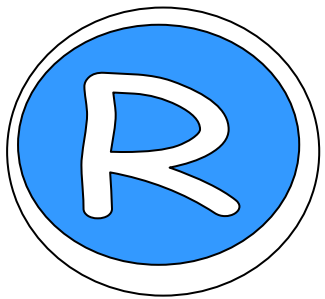
**SAFE** Keep safe by being careful not to give out personal information - such as your full name, email address, phone number, home address, photos or school name, to people you are chatting with online



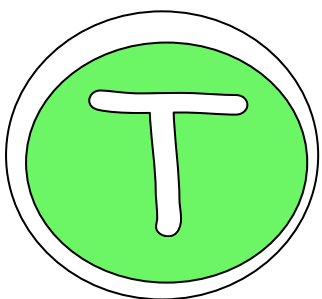
**MEETING** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents or carers permission, and even then only when they can be present. Remember, online friends are still strangers, even if you have been talking to them for a long time.



**ACCEPTING** Accepting emails, IM Messages, or opening files, pictures or texts from people you don't know or trust can lead to problems - they may contain viruses or nasty messages!



**RELIABLE** Sometimes, someone online may be lying about who they are, and information on the internet may not always be true. Always check information with other websites, books or someone you know. If you like chatting online, it's best to only chat with friends and family you know in the real world.



**TELL** Tell your parents, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.