Online safety guide

internet matters.org

In partnership with

digital poverty alliance

Keeping your private information safe

Private information can be your phone number, number plate and more that you don't want strangers to know. If they know this information, they could scam you or say they're you online. This could get you in trouble.

So make sure you keep safe by:

- ✓ checking you can trust websites and apps that you want to use (ask for help)
- ✓ not sharing your private information online
- ✓ checking settings and controls on apps and websites
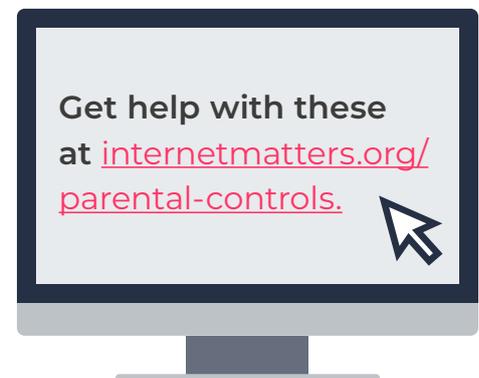
Using safety settings and controls

Settings and controls help keep you safe in different ways online. Every app or website has settings and controls.

Here are some things that settings and controls can help with:

- ✓ who can talk to you online
- ✓ keeping your password safe and private
- ✓ stopping you from seeing upsetting videos, photos and more
- ✓ keeping your private information safe

What is private information?

- phone number
- address
- family names
- number plates
- credit card
- birthdate
- passwords

Get help with these at internetmatters.org/parental-controls.

Spotting fake information

Fake information can trick you. If you think it's true, you might think it's okay to share or do something when it isn't. There are ways you can check if something is real or fake:

Where is fake information shared?

- websites
- text/chat
- social media
- video games

- ✓ check if the person saying the information can be trusted
- ✓ think about why it is being shared. Sometimes people share fake information to make people angry or get money
- ✓ ask another adult or search on the internet to see if it is true

Spending money online safely

You can buy things from websites on the internet. Many people do this, but it's important that you're careful. If your private information is shared, someone could use your money without you knowing.

Here is how you can keep your money safe online:

- ✅ when you use a website, check for the lock in the top left corner. If there is no lock, that could mean your private information is not safe

- ✅ only buy from websites you know and trust

- ✅ do not give your credit card or bank information out to someone you don't know. Websites that ask you to pay them will have forms to fill out.

Get help

If you feel scared or have questions, ask for help. You can ask for help from friends and family or you can ask for help from trusted organisations online. Here are some of them:
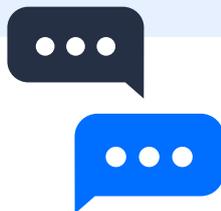
Report Harmful Content - if you find something that's sexual or violent and shouldn't be shared, you can tell someone here.

CEOP's Child Protection Service - if you see indecent images of children online, report it here to get it taken down

Report Phishing - phishing is when someone sends you an email to steal your private information. If this happens, report it here.

Action Fraud - if you think someone has tried to scam you in another way, report it here.

How to protect a child online:

Have regular conversations: ask them what they like doing online to help them feel comfortable coming to you if they get into trouble.

Set boundaries: together, decide when devices can be used and for how long. Decide on which sites and apps are appropriate for them to use.

Set up safety settings and controls: your broadband and mobile networks, apps and platforms have controls you can set up to help keep them safe online.

Explore together: when your child wants to use a new game or app, use it together to see if there are online safety issues that might come up. They will also enjoy sharing this time with you.

Teach them about safety features: apps and platforms have different ways to stop online hate or inappropriate content. Teach children how to report, block and use other features.