Children's guide to staying safe online

Children's COMMISSIONER

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Now you can't go out as much you may be spending more time online.

Many of you are doing your schoolwork online. And lots of you will be hanging out with friends and playing games online to help pass the time.

Going online can be fun. But there can be dangers too. And there are some things we need to do to stay safe.

It's a bit like when we cross the road. Before we cross, we 'stop, look and listen' to make sure it's safe. It's the same when we're online: we have to check things are safe so we can enjoy ourselves.

We are going to:

Give some general tips on how to stay safe online.

Explain how to make your profile and accounts as safe as possible and how to stay safe on video calls.

Give you some ideas about how to balance your time online with other things – even on lockdown!

The basics to staying safe online

Never give out personal information about you or anyone you know.

Tell your parents or carers what you're up to online.

Once you post something online you can never get it back. So **never send pictures of yourself** that you might wish you hadn't.

Not everyone is who they say they are. **Don't make friends with people you don't know**.

If you see something that makes you feel worried or unsafe, **leave the website and tell a trusted adult straight away**.

Your profile

When you choose your username don't show:

Your real name
Your age
Where you live

Your password

Use strong passwords.

A good tip: instead of one word, use three words that have nothing to do with each other. What's the most random three words you can think of?

Use a different password for every account and device you have.

Video calling

At home you don't open the door to strangers. It's the same online. Don't let people into your conversations who you don't know.

To keep people out, use a password so only people who you have invited can join.

Check your conversation isn't being recorded.

Blur your background so you don't give away any information about where you are.

Your devices

Keep your device up to date - this means you're less likely to be hacked.

Keep your privacy settings high and turn off your location.

Don't buy anything without your parent's / carer's permission.

Use a browser like Google Chrome or Firefox which have good security settings built in.

Fake news

Not everything you read online about coronavirus will be true.

Make sure you get your information from a place you trust like the NHS or BBC Newsround.

Keeping busy now life has changed

You're probably online more than you usually are. It's understandable because we're all stuck at home.

But it's important to take some time away from our screens too.

Just like you should eat 5 a day of your fruit and veg, here's our **digital 5 a day** to help you make get the balance right.

Being safe at home

Most children are safe at home. But we know that some of you aren't. If your school has closed and you are not feeling safe at home, here are some people to call.

childline.org.uk
0800 1111

In an emergency, always call the police on 999

For more information, check out our website

childrenscommissioner.gov.uk/coronavirus

Information correct as of 8 April 2020