Follow these rules to stay safe on the internet …

General
I will only use the internet when supervised by an adult such as my parent or teacher.
Adults will help me stay safe when I am using the internet.

I know that my internet use can be monitored by an adult and that adults can see what I have written in emails and which sites I have visited.
I know this is being done to keep me safe and that if I don't follow these guidelines my use of computers and other devices could be stopped.

Communicating
I will not give out information about myself, including my name, email address or phone number, unless an adult such as my parent or teacher says it's OK.
If I do, then I lose control over who can contact me.

I will not send any pictures of myself using email or social media, like Facebook, unless an adult such as my parent or teacher says it's OK.
If I do, I don't know who else may see the picture.

I will never arrange to meet anyone I have only contacted using the internet. If I meet someone I know, I will only meet them if an adult such as my parent or teacher says it's OK.
I can never be sure someone I meet using the internet is who they say they are.

If someone says or writes something, not just on the computer but also through texts, which makes me feel uncomfortable or worried, I will always report it to an adult such as my parent or teacher.

I will never reply to emails, posts or texts which make me feel uncomfortable or worried; I will always report it to an adult such as my parent or teacher.

I will never send emails, posts or texts which might make someone else feel uncomfortable or worried.

I know sending any message which might make someone feel uncomfortable or worried could be against the law.

Internet Searches
I will always report anything I find on the internet that makes me feel uncomfortable or worries me. I can tell an adult such as my parent or teachers. I can also use the CEOPS Report Abuse button to report where you can get help and advice.
I know adults are always available and ready to listen and help with any worries I have.

At school, I will only look at internet sites that are about the work I am doing. If I am not sure about a site, I will always ask an adult such as my parent or teacher.

I understand that some things I read on the internet may not be accurate or true. I will always ask and adult such as my parent or teacher if I read something that I am not sure about.

I know anyone can write anything they like and publish it using the internet. Not all information on the internet is a fact, and some information could be a deliberate lie.

I will not search for sites that I know will have content that is not suitable for me, such as bad language or pictures that might shock others.
I know these sites are not suitable for children of my age even if they do not have an age limit.

I will not download anything from the internet without asking permission from an adult such as my parent or teacher.
I know that some things that are downloaded could be harmful to my computer. The material on the internet belongs to the person who wrote it and to use it without permission could be against the law.

Security
I will keep my passwords and mobile PIN secret, even from my best friend. These are passwords to my computer, my social media accounts and my school log-in.

I will always log off or lock my computer when I have finished working.

If someone has my password, they can use my computer or mobile or social media accounts and pretend to be me.