



TALK TO US
If things are getting to you
116 123 FREE
Samaritans

YOUNGMINDS
Fighting for young people's mental health

NSPCC HELPLINE
0808 800 5000
help@nspcc.org.uk

Be smart on the internet

S 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.

M 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.

A ACCEPTING Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to a problem – they may contain viruses or nasty messages!

R RELIABLE Information you find on the internet may not be true, or someone online may be lying about who they are.

T TELL Tell your parent, 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. You can report online abuse to the police at www.thinkuknow.co.uk

www.kidsmart.org.uk

KidSMART Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite webpages and online safety tips by joining hands with people all around the world.

Helping young people manage their online identity

5 Things you can do to support children:

- Start with a positive conversation**
 - Choose when they are relaxed and why they're happy.
 - Take a break from the screen and talk about their feelings.
 - Make a clear plan about what they should do when they're online.
 - Encourage them to think about their online identity.
 - Encourage them to think about their online identity.
- Get them to think critically about online and offline influences**
 - Encourage them to think about the reputation behind what they do online and the same to think about the reputation of the people they're talking to.
 - Make sure they have a good understanding of what's behind the scenes of what they see on the internet.
- Encourage them to review their data and privacy**
 - To ensure they stay in control of the information they share online, get them to regularly check what they are sharing with whom and what data they are giving to the website they use.
 - Using a single email address on their name can be a simple way to manage what content is added to their personal online records that they're interested in or want to see.
- Highlight the importance of being #realtoonline**
 - Encourage them to think about the reputation behind what they do online and the same to think about the reputation of the people they're talking to.
 - Make sure they have a good understanding of what's behind the scenes of what they see on the internet.
- Stay engaged with what they do online**
 - Encourage them to think about the reputation behind what they do online and the same to think about the reputation of the people they're talking to.
 - Make sure they have a good understanding of what's behind the scenes of what they see on the internet.

Childnet International

Help!

Are you worried about something that's happening to you or a friend?

Do you need help right now?

It's not always easy to admit it but we all need help sometimes. If you've got a problem or something you're worried about you'll find lots of people and places that can help here.

REMEMBER – whatever the problem is, talking about it can be the first step to solving it. If there's an adult you trust like a parent, carer or a teacher talk to them first about what's happening.

CLICK CEOP
Advice Help Repo
Contact CEOP

Childline
Talk to Childline

Meelup, Yelp, Google+, Klout, YouTube, LinkedIn, Twitter, Facebook, Digg, WordPress, Humana, etc.
Contact social media sites

#FeelGoodFridays campaign

Internet Matters Team | April 8th, 2020

We work collaboratively across industry, government and with schools to reach UK families with tools, tips and resources to help children benefit from connected technology smartly and safely.

In response to the current coronavirus pandemic, this Friday we are launching our #FeelGoodFridays campaign where we share funny, positive and happy videos, stories, news and more, from across the world.

5 ways to keep gaming fun:

1. Block, report and mute people who troll or bully you in games
2. Take short breaks if you're gaming for a long time
3. Don't share personal information with people in games
4. Avoid in-game purchases like loot boxes
5. Check the age rating of any games you play

Appiau sy'n gallu helpu llesiant/Apps to help support wellbeing:

Calm Harm

Mee Too

Blueice

Catch It

Moodometer

Worry Tree

Gwefannau Defnyddiol i Rieni/Helpful Websites for Parents:

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

<https://www.internetmatters.org/blog/parental-controls/social-media/houseparty-privacy-and-safety-settings/>

<https://www.internetmatters.org/blog/2020/04/08/feelgoodfridays-campaign/>

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.nhs.uk/apps-library/category/mental-health/?page=1>

<https://www.thinkuknow.co.uk/>

<https://www.stonewall.org.uk/home-learning-packs-stonewall>

<https://www.internetmatters.org/cy/schools-esafety/secondary/parent-support/>