

# 10 tips to stay safe online

Pass our pointers on to your child and help keep them safe online.

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- Be careful talking to people you don't know and trust in real life – anyone can pretend to be someone they're not online. If you do talk to people you don't know, don't tell them your personal information – such as your name, age, what street you live on, your school's name, or your location. If they ask for images or videos of yourself, say no, stop talking to them and report this to a trusted adult
  - Keep your social media profiles private, to limit what others can see, and think carefully about what you share and with who. Once you've shared an image, you can't control what the other person does with it. Remember, it's **illegal** to take, share or view sexual images of under-18s
  - Use AI chatbots carefully – not everything they generate is real. They might also tell you to do something that could harm you or someone else. Don't give them your personal information or photos – they could be used to make fake images, or to bully or blackmail you
  - What you post online now could affect you later, like when you're applying for jobs, college or university
  - If you see something upsetting, or you're bullied online, tell an adult you trust. Report it by following the instructions on the website, messaging service or social media site – you'll usually need to click the 3 dots next to a post or comment
  - When reading the news online, read the whole article not just the headline. Ask yourself where the information came from, when it was published, and if it could be a hoax or made up
  - Look out for hoaxes and scams, like messages you're meant to forward on or that ask you for payment details or your password
  - Be wary of schemes promising easy cash for receiving and transferring money, they're almost definitely criminal activity
  - Watch out for loot boxes or other parts of games where you pay money to take a chance on getting a reward – you can end up spending lots of money on them
  - Remember, people make their lives look more exciting and interesting online. People often edit their photos to make them look better, or make fake images with AI tools, so don't believe everything you see. This includes gang lifestyles – they're not as glamorous as they look
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## Don't feel confident talking to your child about online safety?

Read this [advice from the NSPCC](https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety): <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety>

## Further information

This factsheet was produced by [The Key Safeguarding](http://www.thekeysupport.com/safeguarding): [www.thekeysupport.com/safeguarding](http://www.thekeysupport.com/safeguarding)

- [‘Top-selling mobile games break rules on loot boxes’, BBC News](https://www.bbc.co.uk/news/articles/c748ww9y9nno)  
<https://www.bbc.co.uk/news/articles/c748ww9y9nno>
- [‘Chatbot ‘encouraged teen to kill parents over screen time limit’’, BBC News](https://www.bbc.co.uk/news/articles/cd605e48q1vo)  
<https://www.bbc.co.uk/news/articles/cd605e48q1vo>
- [How to spot fake news, Childline](https://www.childline.org.uk/get-involved/articles/how-to-spot-fake-news/) <https://www.childline.org.uk/get-involved/articles/how-to-spot-fake-news/>
- [Money mule and exploitation action plan, GOV.UK – Home Office](https://www.gov.uk/government/publications/money-mule-action-plan/money-mule-and-financial-exploitation-action-plan-accessible)  
<https://www.gov.uk/government/publications/money-mule-action-plan/money-mule-and-financial-exploitation-action-plan-accessible>
- [County Lines Programme overview, GOV.UK – Home Office](https://www.gov.uk/government/publications/county-lines-programme/county-lines-programme-overview) <https://www.gov.uk/government/publications/county-lines-programme/county-lines-programme-overview>
- [Sharing nudes and semi-nudes: advice for education settings working with children and young people, GOV.UK – Department for Digital, Culture, Media and Sport, UK Council for Internet Safety](https://www.gov.uk/government/publications/sexting-in-schools-and-colleges)  
<https://www.gov.uk/government/publications/sexting-in-schools-and-colleges>