

CHILDLINE'S TOP TIPS FOR STAYING SAFE ONLINE



THINK

T - Is it True? **H** - Is it Helpful? **I** - Is it Inspiring? **N** - Is it Necessary? **K** - Is it Kind?

HERE'S TIPS TO STAY SMART ONLINE



SAFE: Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number, photo's or password. Think carefully before posting pictures or videos of yourself.



MEET: Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or caregivers' permission and even then only when they are present. Remember online friends are still strangers even if you have been talking to them for a long time.



ACCEPTING: Accepting emails, instant messages or opening files, images or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages or be trying to take information from your profile!



RELIABLE: Someone online might lie about who they are and information on the internet may not be true. Always check information by looking at other websites, in books, or with someone who knows. If you like chatting online it's best to only chat to your real world friends and family.



TELL: Tell a parent, caregiver 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.

CONTACT US



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www.childlinewc.org



Online counselling: www.childlinesa.org.za
Click on 'Chat to a counsellor'

Donations: Childline Western Cape / Standard Bank / Branch Code 051001 /
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CYBER BULLYING



Cyberbullying is just what it sounds like –bullying through Internet applications and technologies such as instant messaging, social networking sites, and cell phones. It can start easily – with a rumor, a photo, or a forwarding message – and just as easily spiral out of control.

An embarrassing video posted to a social networking site by someone in Cape Town tonight may be watched by someone in Japan tomorrow. Cyberbullying victims may be targeted anywhere, any time.