

Top 5 online safety tips for kids

1

Set up your device to protect your information.

2

Explore safely & tell an adult if you see anything online that makes you feel yuck.

3

Limit who can contact you when you're playing games.

4

Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

5

Ask for help if anything online is bothering you.



Top 5 online safety tips



- 1 Think of others' feelings** before you post, like or share content.
- 2 Ask for permission** before you share a photo or video with someone else in it. Respectful online relationships start with consent.
- 3 Be an upstander** Speak up if you see someone cyberbullying or sharing nudes in a group chat – let them know that's not okay. Report and delete it.
- 4 Use privacy and screen time** settings to take control of your digital life and its impact on your mental health.
- 5 Ask for help** Cyberbullying and sharing intimate images without consent can be distressing, but eSafety can help remove them.