

SAFE IMAGE SHARING

Think before you post something to your friends or online. Here is a checklist to think about before you post!

- Don't post or send pictures that give away your school, like in your uniform or a club that you go to.
- Don't post or send pictures that give away where you live (street name).
- Make sure you are wearing appropriate clothes

- Check if anyone is in the background of the photo and that they are OK with you posting it.

Matilda and Nitha (Heymann Primary)



DO'S AND DON'T OF MESSAGING

Messaging is a good way to communicate but it can be dangerous in many ways. Why? Because the content you write can give personal information without you knowing. As well as this, people can send you hurtful things, tell you information you shouldn't know, send pictures you shouldn't be exposed to. Also, people could read your message but misunderstanding it. Because of this, they might get you into trouble.

When you are sending a message, it's important to think about how the other person might read it. When you talk face to face, it's easy to understand if someone is joking and to know if you may have said the wrong thing. If you send sarcastic comments in a messaging app, the person you send it to might not understand that

it's sarcasm and take it the wrong way. Also, when you send emoji's on their own, sometimes the person you're sending it to might take it in a different way to what you meant it as. For example — angry emoji— you might think this as a joke, but some might think you are really cross and they worry about why.

A general rule in messaging— be nice. Don't say hurtful things, avoid sarcasm and think: if your mum/ gran/ teacher read it, what would they think?

By Emen and Kamali (Heymann primary school)



Warning— in this mazine, we talk about apps that are popular in school but are rated for older children. We are not recommending these apps, just trying to keep you safe!



Equals Trust -Digital Leaders-

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IN THIS ISSUE:

-Welcome — where to get help— Cyberbullying— online 'friends'—
Child-lock — posting pictures — messaging—

Welcome

Hi there! We're the Digital Leaders in Year 5 and 6 from across the Equals Trust! You might not know it, but you have a digital leader in your school. You can recognise us by our Digital Leader badges on our school jumpers or t-shirts so if you need help we are here!



All the digital leaders have been working together from different schools to put together this magazine. We have researched all the latest advice and apps and written all the articles ourselves. We hope this magazine will help you keep safe on the internet!

By Freya & Dylan
(Robert Miles Jr School)

Need some help?...

There are a lot of websites that can give you advice on the internet. Check out some of our favourites below. Remember, if something does not feel right, or you are worried about something online, talk to someone you trust, report it using the CEOP button or talk to Childline.

<http://www.kidsmart.org.uk/>
<https://www.thinkuknow.co.uk/>



CYBERBULLYING



Cyber bullying is a type of bullying. It can happen by text, social media or maybe even on online games. It is normally when the bully is sending mean and hurtful things about you.

What harm can come from being cyberbullied?

Cyberbullying can cause psychological, emotional and physical stress. It is hard to get away from as it's online.

What to do when being cyberbullied.

While cyberbullying is horrible and unkind the best thing to do is to tell a trusted adult which

could be your parents, a teacher and even other members of your family.

You could also call Childline. When you have told an adult TAKE A SCREENSHOT so you have evidence of what has happened.

Remember:

If you see anything that may be hurtful towards someone else online– Don't ignore it, report it! If you don't help or tell, you could be making it worse.

*Amina (Heymann Primary)
Francesca (Burton Joyce primary school)*

NEW FRIEND ONLINE?



Has your friend met someone new online? Are you worried they might not be who they say they are?

The internet is amazing: we can chat to people from around the world but can we ever really know who we are talking to? Even if you think you are chatting to your friend, how do you know their brother or sister isn't using their phone!

If you are worried that your friend has met someone new, you could help them to think about the dangers. Ask them where they know them from. Have they ever met them in real life? You could remind them to not share

personal details that would say where they live or go to school.

If a friend of your friend asks to be *your* friend:

- Have you met them before?
- Ask for advice from your parents
- See if their profile is suspicious
- Ask your friend for some information about them
- See if most of your friends know them (This might not always work)
- Look at the avatar image: is it strange, creepy or suspicious
- If most of these answers are yes leave the request for later.

In real life, a friend of a friend could usually be your friend.

Online, a friend of a friend is a STRANGER

Lenon (Burton Joyce), Tom (Crossdale)

HELP!

my parents are trying to

CHILD LOCK ME

You might be thinking that child-lock is unfair and your parents are mean and do not trust you. You may also think you're old enough to make your own decisions and you shouldn't have child-lock on your device, well that's wrong. Child-lock is very helpful to protect children so that they don't play dangerous games or over-aged games such as 18+ games.

Child lock can help children get to sleep because some children go on their devices at night or keep getting woken up by rings or notifications. This can keep children from sleeping. Child lock will help you get to sleep at night. Child lock can help you a lot in your life & school. We recommend child lock to all children.

Child lock is very important because most children at young ages can

access anything on the internet including games not suitable for children younger than 16.

If your parents are considering to child lock maybe you could give it a go if you think that you honestly aren't being safe online. If you DEFINETLY are being safe you can discuss it with them and come to a joint decision.

Freya & Dylan (Robert Miles Jr School)

