

The internet is full of just about anything you could ever want... and not want. Just like when you're out and about, there are things and people to be careful of. Here are some tips to help you avoid any trouble.

Have fun online but remember the Internet Green X Code.



Stick to your computer

Quick tips...

- Don't give out personal details about yourself or your friends.
- Online 'friends' might not be who they say they are.
- Be open with parents and friends about what you've seen and done on the internet.
- Never arrange to meet up alone with anyone you've come across online. If you're going to meet someone, take along an adult you trust and meet in a public place.

For parents and teachers

Now that mobile phones and the internet play a really big role in our children's lives, it's important we make sure they're doing the right things to keep themselves safe. Of course the internet is a great tool, but our children should be just as aware of the dangers online as they are of dangers on the streets.

- Teach them not to give out personal information about themselves or anyone else.
- Teach them to be as careful about strangers online as they are in the street.
- Never let them meet up with people they've come across online, unless you go with them.
- Be open – talk about how they use the internet. Make sure everyone understands the risks.
- Let them know that they can always come to you for help if they feel uncomfortable with anything that happens on the internet.
- Put the computer in a busy room like the living room.
- Our Learning and Skills programme provides a wide range of free resources for parents, teachers and young people. Find out more at bt.com/learningskillsresources
- Learn about the internet and the parental controls available to help you manage what your children get up to online.

Giving you control of your children's safety on the internet

BT has teamed up with McAfee® and offers BT Family Protection security software free to all BT broadband customers.

Find out more at bt.com/familyprotection



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Internet Green X Code



Don't give out any personal details

You wouldn't stand on the street handing out leaflets that are all about you. So don't give out personal information on the internet.

Don't give out:

- your full or real name
- your address
- your mobile or home phone number
- your school's name or address
- your friends' or family's personal details
- your favourite places
- your photo

⚠ When you're signing up for any online accounts – email, chat or on a web site – use a nickname.



Things aren't always what they seem

You've probably heard stories about people on the internet pretending to be someone else so that they can make friends with young people. Not everyone on the internet has bad intentions, but some do.

Question everything

- Is someone asking you questions about yourself?
- If so, why do they need to know those things?
- Do they get annoyed when you don't answer?
- Why are they asking you to talk in private?

⚠ Remember, people who are interested in tricking you can be very smart. They know all the ways to get **your trust**. Be extra careful with anyone asking you lots of questions about yourself.



Spread the word

Tell your mum, dad and friends what you've seen and done on the internet. Not just any bad stuff, but the good things too. Your parents will feel a lot more relaxed if you tell them what you're up to. If you don't feel comfortable telling your mum or dad, tell an adult you trust – like your aunt, your teacher or your mate's mum.

Open up

- Your parents are as interested in your online friends as they are in your school friends – let them know who you're talking to.
- If someone wants to meet up, tell an adult.
- If anything bad happens online, tell an adult.

⚠ **Never arrange to meet up alone with anyone you've met on the internet.** Always take an adult you trust and meet in a public place.