



THE EMMBROOK SCHOOL – STAYING SAFE ONLINE

Dear Students,

While you are working hard at home and you may be online more than ever before we want to remind you of ways to stay safe

- Don't post any personal information online – like your address or mobile number. If you are signing up to an educational website check with your teacher and your parents that it is safe to do so and use your school email address not your personal one.
- Think carefully before posting pictures or videos of yourself. We are loving to see all the images of the daily challenge and the interesting ways you are tackling the work that the teachers are sending you. Post only to the published email addresses, think carefully before posting images of yourself online, and consider who will see this image and whether you are happy for them to do so. Remember once posted it can stay forever.
- Keep your privacy settings as high as possible – only your friends and family should see what you post
- Never give out your password and consider giving your passwords a makeover – if you are still using the same old passwords then change them for secure strong passwords
 - More than eight characters plus letters, numbers and symbols. Do not include important dates, names of pets or your favourite sports.
- Don't befriend people you don't know
- Don't meet up with people you've met online – we know what you are thinking – how can I when I am in lockdown! Please do not meet up virtually with people you don't know. If you receive contact from someone you do not know alert your parents or a responsible adult and ask for their help - remember that not everyone online is who they say they are
- Think carefully about what you say before you post something online are you happy for everyone to read what you have said and would you say this in front of your parents?
- Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
- If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.