

STAY SAFE ON LINE



Online safety, the law and cyber bullying

1. **Protect your online reputation:** use the services provided (eg privacy settings) to protect your 'digital footprint' and always think before you post. Information posted online can last forever and could be shared publicly by anyone.
2. **Keep it private!** Only give your mobile number, personal email address, home address and other contact details to trusted friends, not to people you only know online.
3. **Know where to find help:** understand how to report abuse to service providers and how to use blocking and deleting tools*. If something happens that upsets you online, it's never too late to tell someone. You can contact police on 101 for help and advice if you are scared or worried about online abuse.
4. **Don't give in to pressure:** if you lose your inhibitions you've lost control; once you've pressed send you can't take it back. Don't share or send indecent pictures.
5. **Respect the law / know the rules:** It is a criminal offence to:
 - Take, or have or share any indecent images of yourself or someone else under the age of 16.
 - You could end up with a criminal record and / or be placed on the sex offenders register.
 - Never send pictures of yourself or any of your friends or family to anyone you meet online without asking your parents/carers.
 - Follow the rules your parents/carers have set when using the internet.



HERTFORDSHIRE
CONSTABULARY

STAY SAFE ON LINE



Online safety, the law and cyber bullying

1. **Protect your online reputation:** use the services provided (eg privacy settings) to protect your 'digital footprint' and always think before you post. Information posted online can last forever and could be shared publicly by anyone.
2. **Keep it private!** Only give your mobile number, personal email address, home address and other contact details to trusted friends, not to people you only know online.
3. **Know where to find help:** understand how to report abuse to service providers and how to use blocking and deleting tools*. If something happens that upsets you online, it's never too late to tell someone. You can contact police on 101 for help and advice if you are scared or worried about online abuse.
4. **Don't give in to pressure:** if you lose your inhibitions you've lost control; once you've pressed send you can't take it back. Don't share or send indecent pictures.
5. **Respect the law / know the rules:** It is a criminal offence to:
 - Take, or have or share any indecent images of yourself or someone else under the age of 16.
 - You could end up with a criminal record and / or be placed on the sex offenders register.
 - Never send pictures of yourself or any of your friends or family to anyone you meet online without asking your parents/carers.
 - Follow the rules your parents/carers have set when using the internet.



HERTFORDSHIRE
CONSTABULARY