TO CONTACT CHILDLINE...

CHILDLINE...

Freephone...   1800 66 66 66

Text support...   Text 'List' to 50101

Teentxt...   Text 'Talk' to 50101

Log on...   www.childline.ie

Childline ISPCC

Childline OnLine

The Irish Society for the Prevention of Cruelty to Children
Head Office: 29 Lower Baggot Street, Dublin 2
Charity Registration No CHY 5102

Childline ISPCC

STAYING SAFE ONLINE...

STAYING SAFE ON YOUR MOBILE

Do's…
- ❖ Keep your phone with you at all times – if there is a chance it might get stolen leave it at home
- ❖ Only give your number to people that you trust
- ❖ Set up a PIN code if you don't already have one
- ❖ Tell an adult if you're being bullied by text

Don'ts…
- ❖ Don't lend your phone to a stranger
- ❖ Don't leave your phone lying around
- ❖ Don't tell anyone your PIN code
- ❖ Don't give your number to anyone unless you want to

STAYING SAFE IN CHATROOMS

If you have a problem in a chat room, or if someone contacts you that you don't know, it's important to know what to do.

Using chatrooms:
- ❖ See our tips on creating a safe profile
- ❖ Contact the forum administrator if you're contacted by someone you're unsure of
- ❖ Avoid sites that are meant for adults

Blogs
Don't give away too many details about yourself if you're writing a blog. Staying anonymous can be fun too!

Meeting people
We advise that you don't meet people that you've chatted to online. You can never really be sure they are who they say they are. But, if you do decide to meet up with someone new tell an adult that you want to do this. Arrange to meet in a public place and take a trusted adult with you.

STAYING SAFE ON SOCIAL NETWORKING SITES

Social Networking Sites are websites that allow you to build online profiles; share information, including personal information, photographs, blog entries, and music clips. Popular sites are Bebo, Myspace and Facebook.

Stay safe and have fun!
- ❖ The internet is a great place to chat to friends, share photos and have fun but it's important to stay safe too.
- ❖ Whether you're setting up a profile on Facebook or Bebo, or just chatting via MSN, there are many ways you stay safe.

Create a safe profile
- ❖ Use a nick-name rather than your real name
- ❖ Don't discuss personal things about yourself or your family
- ❖ Don't give out your address, phone number, or school name
- ❖ Use a cartoon picture for your profile rather than one of yourself
- ❖ Don't tell anyone your password
- ❖ Change the security settings on your profile so only your friends can see it

General advice for safe surfing
- ❖ Don't add anyone you don't know to your friend list
- ❖ Tell someone you trust if you receive nasty messages – you can save them to show this person
- ❖ Don't arrange to meet someone that you've met online – they may not be who they say they are
- ❖ Avoid sites that are meant for adults

What to do if you're being bullied online?
- ❖ Block communication with the person
- ❖ Delete messages without reading them
- ❖ Talk to a friend or trusted adult about the bullying
- ❖ Report the problem to an internet service provider or website moderator