





## Personal Safety

### Online Safety

Top 10 tips for staying safe online

Top 10 tips for mobile phone safety

Top 10 tips if you're being bullied online

### Peer Pressure

### Safety Net Assertiveness Project – SNAP

### SNAP for Friendship

### SNAP-ITS

## Top 10 tips for mobile phone safety

- 1) Remember if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to someone about it. Talk to a trusted adult at home or at school.
- 2) Don't reply to any nasty messages you receive.
- 3) Don't reply to a text from someone you don't know.
- 4) Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.
- 5) Don't answer calls from withheld numbers or numbers you don't recognise, let it go to voicemail.
- 6) Block numbers from people who are sending you nasty messages.
- 7) If you are bullied repeatedly can change your number.
- 8) Don't give your mobile number to someone you don't know.
- 9) Don't send pictures to someone you don't know.
- 10) If the problem is serious you can report it to the police, cyber mentors, or childline.

<http://www.thinkuknow.co.uk>

<http://www.childline.org.uk/talk/Pages/Talk.aspx>