help me chat safely...

...on the net

...when I email

...on my mobile

Let's get started...

We've got some great tips on how to use the internet safely and how to stay safe if you've got a mobile phone.

Looking at websites on the internet is a brilliant way to find out about all sorts of things, like your favourite band, sport or tv programme.

You can even get info to help with your homework as well as play games, listen to music and chat to your friends.

It's really sad that some people use the internet to try and harm children. That's why we're helping with this - so you can be sure that wherever you are, whether you're using a computer or mobile phone, you can be safe.

If you don't understand some words, don't worry, we'll explain as we go along. Here's a start...

Online means...
being connected to other computers.

The internet is...
millions of computers containing information connected to other computers worldwide.

Websites are...
like a book or magazine containing loads of information, usually on particular subjects, people or organisations.

Download means...
saving music or information from a website onto a computer to listen to or read whenever you want.

Surfing the net

If you find a really good website, feel free to tell your friends about it but be careful with websites that ask for lots of personal stuff such as your name, age and address.

Never give this information without first checking with your parents. If they're OK about it, let them help you with what you are trying to do.

This is because some websites pass personal stuff on to other people. Without realising it you may sign up for something you have to pay for like a ring tone for a mobile phone.

I'll never give personal stuff to anyone without asking my parents first.

I'll never give anyone's credit or debit card details to anyone. It's against the law and could cause a lot of trouble.

SOLVE THE PUZZLE

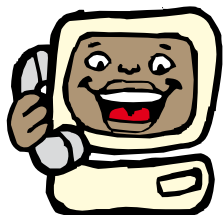**Rearrange the letters to find two 'internet' words**

s w e e t s i b

_ _ b _ _ _ _ _

g r i f s u n

_ _ r _ _ _ _

Instant Messenger (I.M.) and Chatrooms

IM, Sometimes known as 'chat', can be a great way of keeping in touch with your friends as long as it's used in the right way.

'Chat rooms' are a bit like IM and are often set up for people with a special interest, like a hobby or sport.

If someone you've been chatting to online wants to meet up, never agree without first checking with your parents.

If they say it's OK, go with a trusted adult (mum or dad if poss) and meet in a public place where there's lots of other people.

If you do see anything that scares you or makes you feel uncomfortable, tell your parents and don't reply.
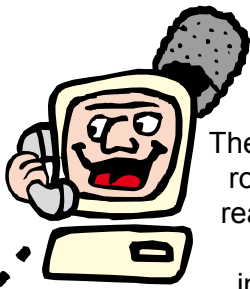
Surfing means...
looking at websites on the internet.

A Buddy List is...
a list of the people (usually friends) a person 'chats' to on Instant Messenger.

Instant Messenger allows...
two people to send and receive written messages as if talking face to face. It can also be a real conversation using a webcam (camera) and microphone connected to the computer.

The difference with chat rooms is anyone can read all the messages and write a reply, including strangers.

You might think you've met some really cool people on the internet who share the same interests and say they are the same age as you.
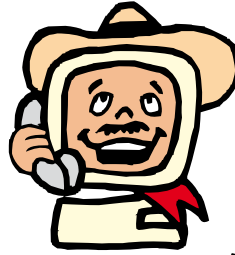
One way people who want to harm children try to make contact is to pretend to be someone they're not.

This may be true but you need to remember people aren't always who they say they are.

I'll only use IM for friends on my buddy list who I know.

I'll tell my mum or dad if I see rude words or anything that upsets me.

Email

If you use email, you are writing and sending messages to other people and other people are doing the same to you. So the same safety stuff applies as IM and chatrooms.

Be careful about opening a dodgy looking email, file or attachment. Dodgy emails, if opened, could damage your computer. Look at viruses and other nasties page.

SOLVE THE PUZZLE

Rearrange the letters to find two 'internet' words

a l i m e

_ _ _ _ _

w o b l e g

_ _ _ _ _ _

Email (Electronic Mail) is...
a message written on a computer and sent electronically, a bit like writing a letter.

Attachments or Files are...
writing or pictures sent with an email that need to be opened to be looked at.

Blog (Web Log) is...
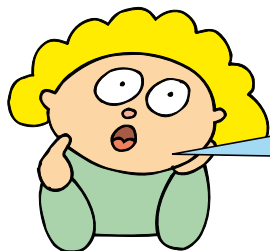a page on a website where you can put writing, photos and pictures. Some people use it as a diary.

Secret 'online' friendships aren't a good idea are they?

No, I'm happy to tell my parents about anyone I meet or chat to online.
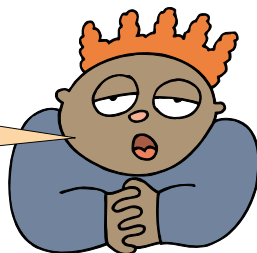
Blogging

Ever heard of a 'blog'? It's where people write about themselves, their hobbies, likes and dislikes.

It's an online diary or journal where you can put pictures and photos and where people can make contact with you.

Yeah, on mine I call myself Spike because of my sticky up hair and I don't use a real photo of me.

I haven't said where I live either. I just wrote I live in a town with a castle.

Here's our checklist for Blogging

Let your parents check you are old enough to use the website you want to 'blog' or write a message on because you aren't allowed to use some if you're under a certain age.

Use a nickname, not your real name.

Don't write private or personal stuff and don't say anything nasty about anyone else.

Don't use photos of yourself or people you know.

Because other people may be able to put messages on your blog, use a site where what people say is checked and tell your parents if anyone puts anything on that is nasty or upsets you.

Mobile phones and bullying
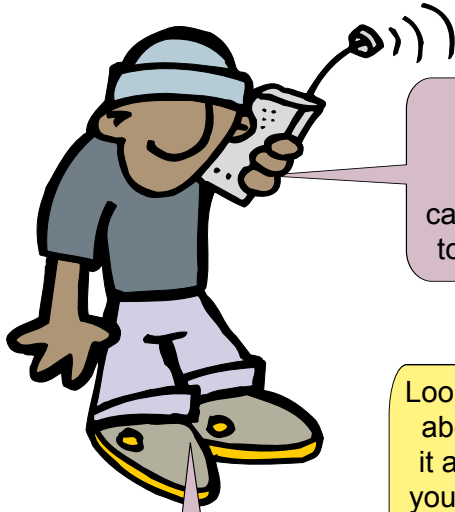
Hey, look at my new phone. I can send texts and it's got internet access. It's got a camera and I can download ring tones and tons of other things.

Looks good, but think about how you use it and who you give your number to. You also need to be careful about sending photos. Once they're sent you don't know where they might end up!

You're right. I'll follow the same safety stuff on my phone as I do on my computer at home.
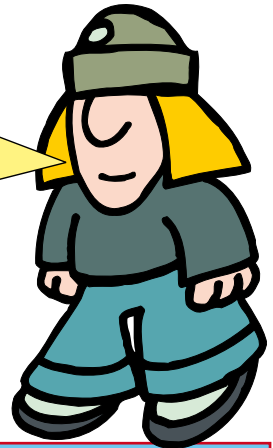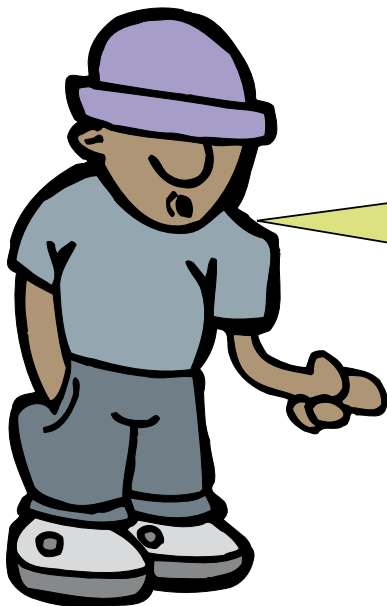
Phone Security

Ask your parents to help you find and write down your Electronic Serial Number (ESN) - often under the phone battery.

Also keep a note of your IMEI number. If it's not on the phone, type in *#06# to see the number.

If your phone gets lost or stolen, you will need these numbers to block calls and trace your phone.

Keep this info in a safe place!

Bullying is when someone tries to upset you by doing or saying something mean and nasty. This can be done when you're online on your computer and through mobile phone calls, texts, photos and other images.

So here's some advice...

Only give your phone number to people you know and trust.

If you get rude or nasty text messages or calls - even silent calls - always tell your parents or an adult you know and trust.

Remember being bullied is never your fault and you should never be laughed at or told off for being worried or afraid.

See the people that can help on the back of this comic.

Your parents can also contact the mobile phone company and, for your computer, the people who give you access to the internet (internet service provider).
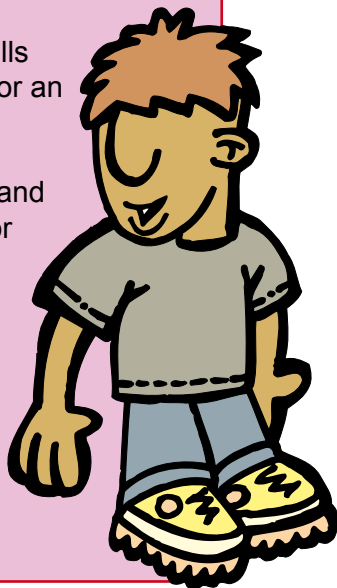
Viruses and other nasties

If you're ill with a cold you wouldn't want to pass it on to your mates. Viruses are like colds to computers and they can make your computer very poorly so it won't work properly.
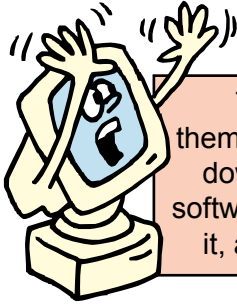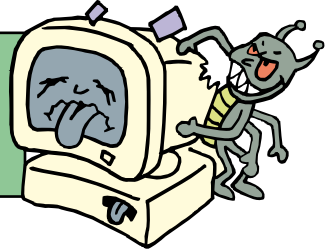
They get into a computer by hiding themselves in emails or files that have been downloaded. So ALWAYS use anti-virus software on your computer. If you don't have it, ask your parents to sort it out for you.

It's really important because sometimes viruses pretend they are games or computer programmes and may fool you into thinking they're OK.
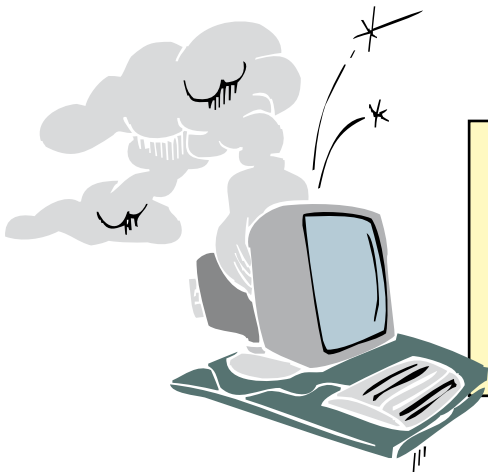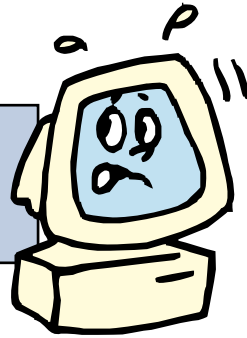
The other thing to install on your computer is what we call a firewall (don't worry - your computer isn't going to catch fire!). It's a computer programme that helps stop other people looking at the files on your computer. Again ask your parents to check to see if you've got one.

We have to go now. Have loads of fun on the internet but please play by the rules and stay safe.

If you're worried by anything you see on the internet tell your parents or a trusted adult like a teacher or club leader straight away.

This includes messages that are rude, make you feel uncomfortable or afraid and especially if someone you've made contact with on the internet wants to meet up.

If you are being bullied over the internet or mobile phone a good website to get help from is www.stoptextbully.com.

There are people who will help if you are worried or afraid. They can be contacted at the places listed on the back page. You could show this list to your parents or trusted adult.

The Child Exploitation and Online Protection (CEOP) Centre
Web: www.ceop.gov.uk (Click on Report Abuse logo)
Email: enquiries@ceop.gov.uk
Tel: 0870 000 3344

The Internet Watch Foundation
Web: www.iwf.org.uk
Tel: 01223 237 700

Childnet International
Web: www.child-int.org
Email: info@childnet-int.org
Tel: 020 7639 6967

childprotectionuk.net
Web: www.childprotectionuk.net or www.ccpas.co.uk
Email: info@ccpas.co.uk
Tel: 0845 120 45 50

**This 'Help' booklet is one of an expanding series of leaflets.
Contact us for more details:
PO Box 133, Swanley, Kent, BR8 7UQ.
- www.ccpas.co.uk - 0845 120 45 50**

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