

# Only use a computer when an adult is nearby.



**Never give out any personal information such as your full name, address, phone numbers or school name.**



**Never send a picture of yourself to a person that you don't know or haven't met.**



**Never arrange to meet someone whom you have met through the Internet, even if you think our know them well or they seem really nice.**



**Check with your parents or teacher before you download anything as it could damage the computer.**



**Don't fill out forms online without asking your parents or teacher first.**



**Never give out your passwords to anyone other than your parents.**



**Tell your parents or teacher if you see anything that upsets you or makes you feel uncomfortable.**

