



WHAT YOU DO OR SAY ONLINE AFFECTS OTHERS (AND YOURSELF)

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- Treat others the way you would like to be treated
- If you wouldn't say it in person don't say it online
- Respect and include others

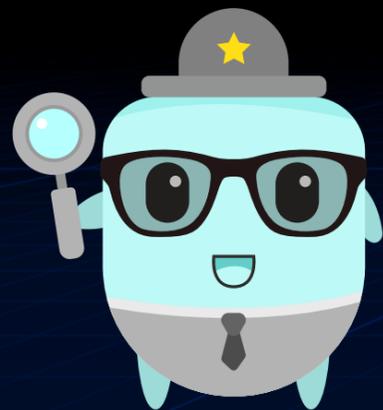




CONTENT BEING AVAILABLE ONLINE DOESN'T ALWAYS MAKE IT OK TO USE

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- If you intend to use anything you find online, check it first to see if it is ok
- Always name your sources when you are writing something that uses other people's writing and work
- Protect your own copyright by asking an adult you trust on how to do it



WHAT YOU POST MAY NEVER GO AWAY



- Think twice before posting anything onto the Internet
- Ask that your private information be removed from Internet searches and other directories if you wish so (right to be forgotten)
- Never share private information, including photos videos, addresses, bank data, etc. on the Internet

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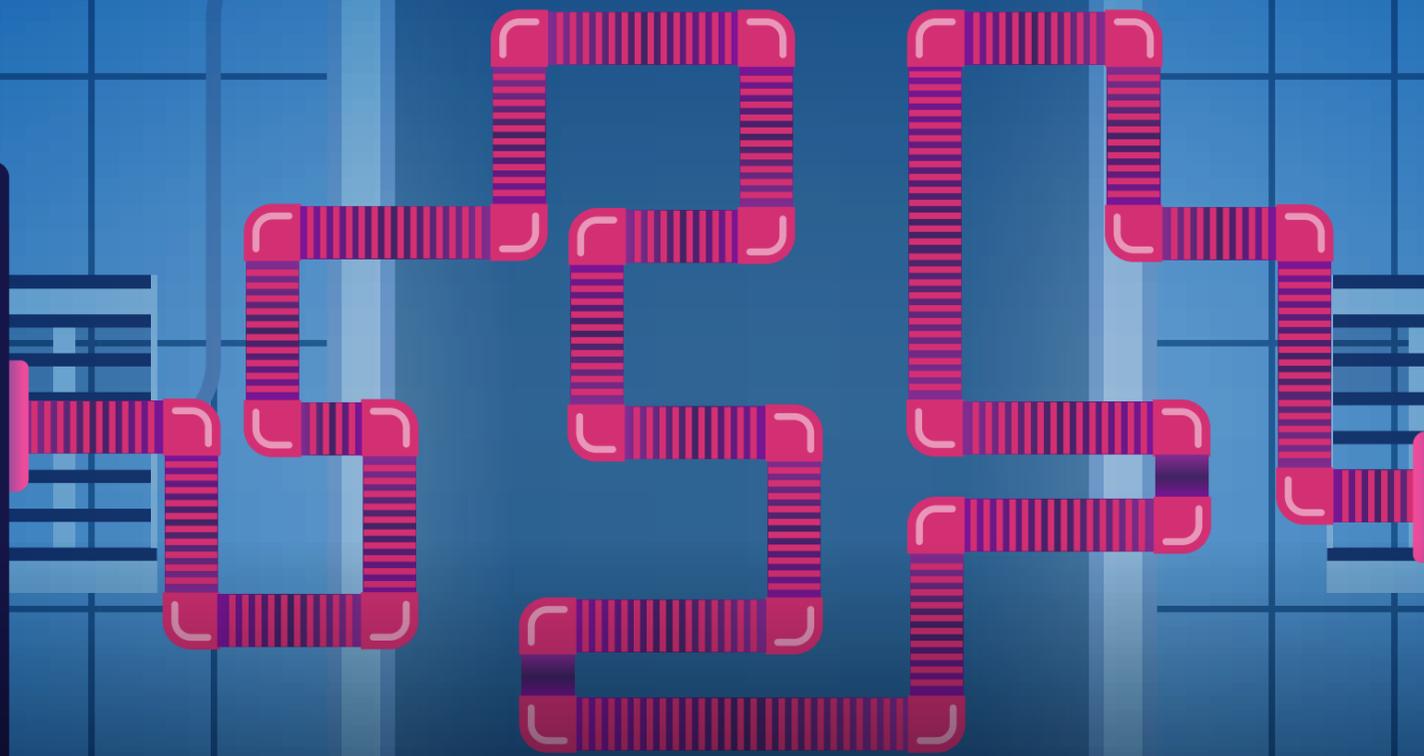
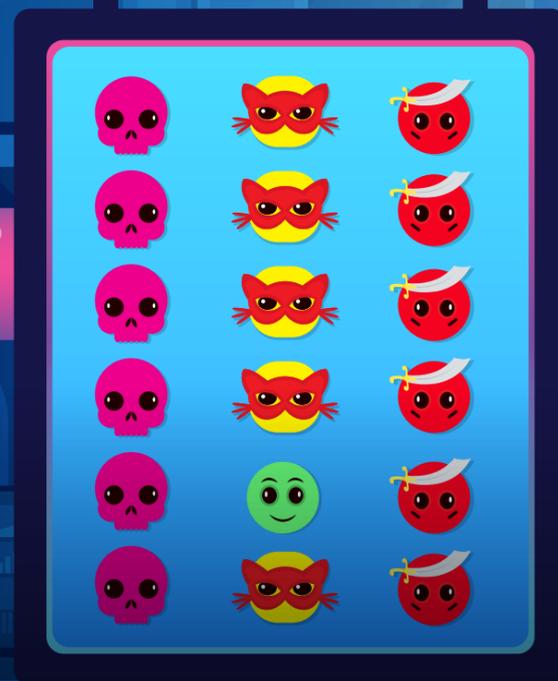
YOUR DIGITAL INFORMATION CAN BE STOLEN



- Use a strong password to protect your information and apps
- Install trusted antivirus software and update frequently
- Don't open suspicious emails or files (from unknown sources)

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SOME ONLINE CONTENT CAN BE DAMAGING TO YOU

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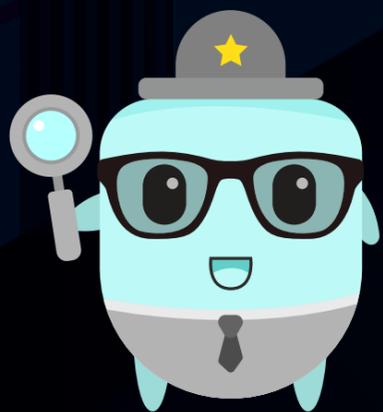
- Find out if content is age-appropriate for you before accessing it. If you are in doubt, ask an adult
- Don't access content if it is not age-appropriate for you
- Don't get involved in internet challenges that ask you to do things that might be dangerous to yourself or others around you



TOO MUCH INTERNET CAN RESULT IN BAD CONSEQUENCES

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- Ask an adult for help if are having difficulty controlling your behaviour
- Try to enjoy some off-time from the Internet – switch your devices off
- Draw up a weekly/daily schedule (or ask an adult to help you) for using your devices





NOT ALL THAT YOU READ AND WATCH ONLINE IS TRUE OR ACCURATE

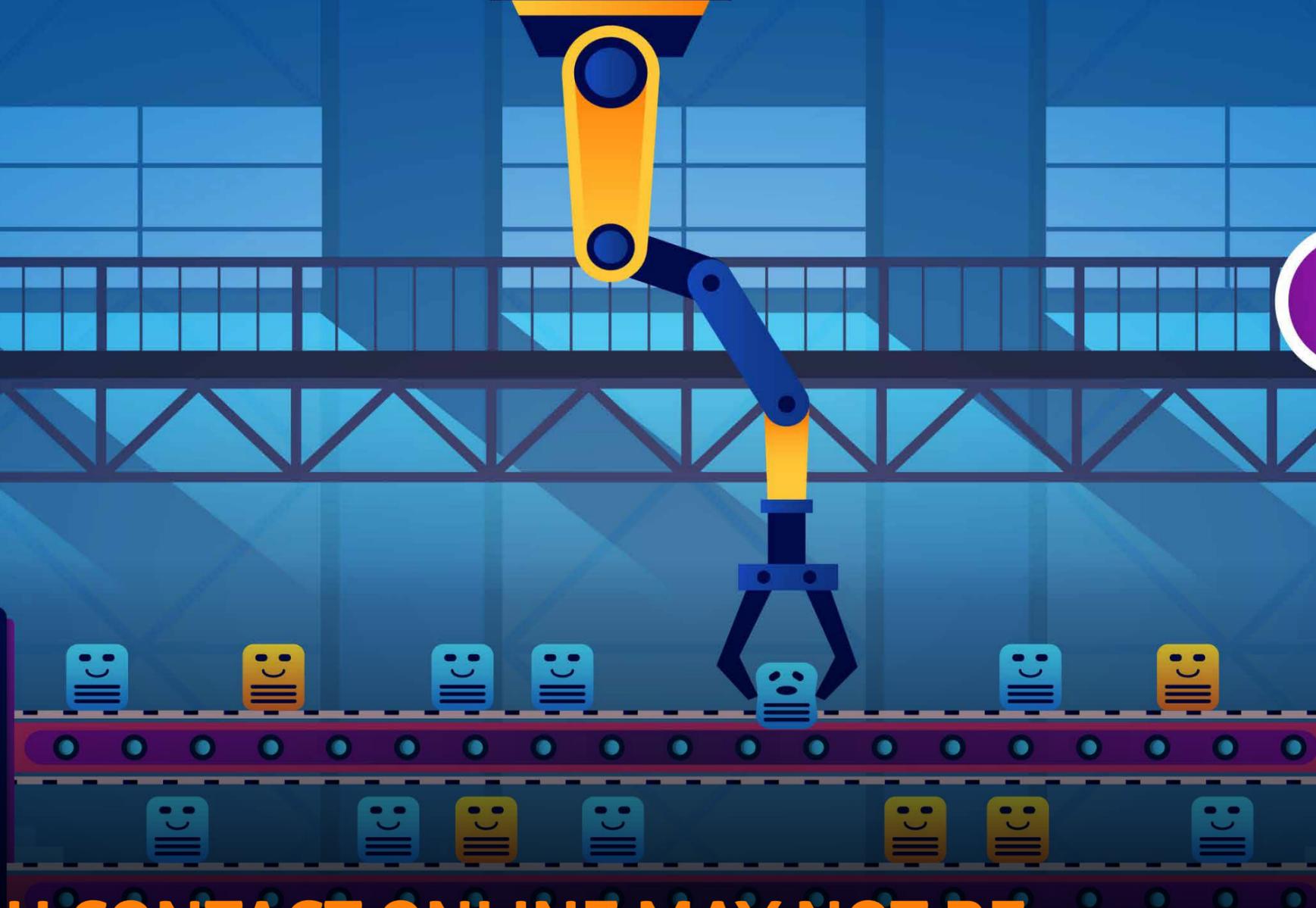
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- Always question what you read or see online
- Try to check news from different sources to confirm its accuracy
- Consider whether the information provided is possible or realistic

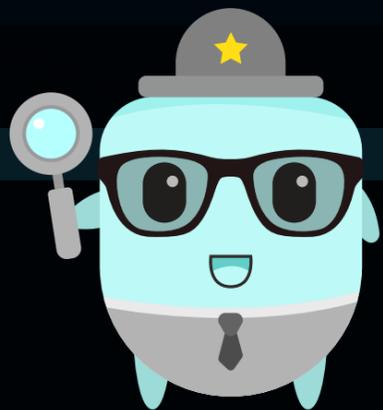




PEOPLE YOU CONTACT ONLINE MAY NOT BE WHO YOU THINK THEY ARE IN REAL LIFE

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- Always question who is on the other side
- Don't accept invitations from strangers in social networks
- Don't accept to meet someone face to face that you have met online

