



Top Tips 7-11s

These top tips have been written to help you to have a great time online, by always remembering to talk about...

■ Talk about your life online

Even if you enjoy using technology on your own, it is important to talk about your online experiences. You can talk to parents and carers, teachers, friends, and family members. You can share experiences, share ideas, and even share your own top tips to help make your time online as great as it can be.

▲ Talk about how being online makes you feel

Whether you're having a great time or a tough time, you're not on your own. Discuss the way you're feeling with friends, family and trusted adults. Recognise and celebrate the positive experiences you have, and work together to deal with the negatives.

◆ Talk about the importance of kindness and respect online

We all know we should treat people online with respect, so talk about how to show kindness with your friends. Do they like seeing funny videos? What support can you give when they've had a bad time online? Remember you should also talk to an adult if someone has been unkind or disrespectful to you or a friend.

★ Talk about what you learn online

The internet is a great place to learn and explore and it can be really interesting to talk to your friends about the things you find out. However, remember that not everything we see online is trustworthy and if something seems too good to be true, it probably isn't true! Make sure to ask adults for help to check information, and to work out if it is from a reliable source.

● Talk about your online friendships

The internet is a great tool for staying in touch with friends, but sometimes chatting online can be tricky. If you've fallen out or had a disagreement, remember that a face to face conversation might help. The adults in your life can also support you with this by making sure that your online friendships are positive and safe, so talk to them about who you're talking to!

◆ Talk about how and where to get help

The internet is amazing, but sometimes things can go wrong. There are so many ways to get help and talking is the first step. Talk to a parent or carer, a teacher, or another trusted adult who can help. You could even talk to a friend first, and then talk to an adult together.