

# If You See Something Upsetting Online

1

## Stop

Stop what you are doing.  
Do not click on the page  
or reply to any message.

2

## Close

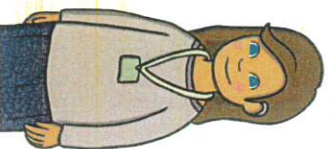
Close the laptop.  
Put your phone  
or tablet down.



3

## Tell

Tell a grown-up.



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Oxenhope C of E Primary  
School

# Online Safety Leaflet for Children

Use this to help you stay  
safe!







[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



Thinkuknow

[www.childline.org.uk](http://www.childline.org.uk)



ChildLine



Websites to  
help you  
keep safe  
online!

Swiggle



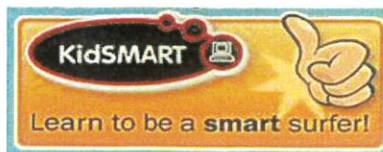
[www.swiggle.org.uk](http://www.swiggle.org.uk)

CBBC



[www.bbc.co.uk/cbbc/  
topics/stay-safe](http://www.bbc.co.uk/cbbc/topics/stay-safe)

KidSMART



[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

Cybersmile

Call their  
Helpline or  
send them an  
email if you or  
somebody  
else is being  
cyberbullied



THE CYBERSMILE FOUNDATION  
THE CYBERBULLYING CHARITY

0800 783 1113 [help@cybersmile.org](mailto:help@cybersmile.org)

[www.cybersmile.org](http://www.cybersmile.org)

## Online Safety: Who Could I Tell?

The Internet is amazing when used safely and correctly, but we must know how to stay safe online. The most important thing to remember if you see something that upsets you is:

**STOP**

Stop what you are doing.  
Do not click on the page  
or reply to any messages.

**CLOSE**

Close the laptop.  
Put your phone  
or tablet down.

**TELL**

Tell a  
trusted  
adult.

Trusted Adults

Parents and carers



Mrs Jones - headteacher



Class Teacher



Learning Support Assistants



Mrs Woodhead - Pastoral



Miss Ault - Computing Lead





# 8 tips to stay safe online

- 1 Be nice to people online.
- 2 Take care with what you share.
- 3 Keep personal information private. 

Who can see your posts?  
o Only me  
o Friends  
o Public
- 4 Check your privacy settings.
- 5 Know how to report posts. 

Report this comment
- 6 Keep your passwords safe. 

Username: Ashley.Smith21  
Password: .....
- 7 Never meet anyone in person you've only met online. 

Meet me?
- 8 If you see anything online that you don't like or you find upsetting, tell someone you trust.

## BE SMART ONLINE



Childnet International

**S**

### SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



**M**

### MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information - or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



**A**

### ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



**R**

### RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



**T**

### TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)



**H**

### BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



[WWW.CHILDNET.COM](http://WWW.CHILDNET.COM)



# Age Restrictions for Video Games

**18**

PEGI 18

Games with a PEGI 18 rating are suitable for ages 18 and above.

They may have:

extreme violence

explicit adult content

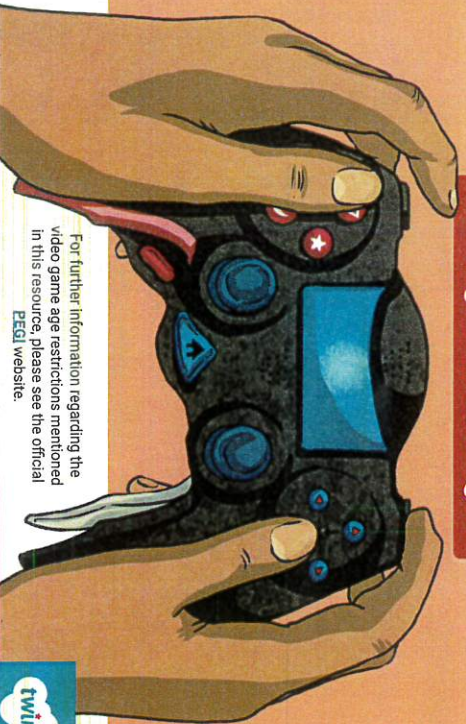
the glamorised use of illegal substances

For example:

Call of Duty: Warzone

Grand Theft Auto V

Far Cry 3 Blood Dragon



For further information regarding the video game age restrictions mentioned in this resource, please see the official PEGI website.

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# Age Restrictions for Social Media Platforms

**13**

is the minimum age for account holders on these social media sites and apps.



Twitter



Facebook



Instagram



Pinterest



Messenger



Tik Tok



Discord



Snapchat



Twitch



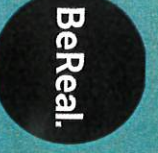
Yubo



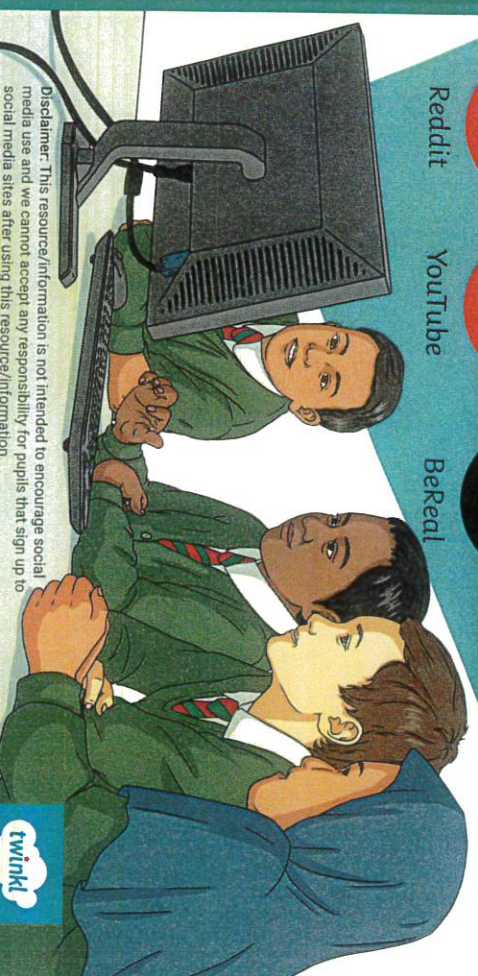
Reddit



YouTube



BeReal



Disclaimer: This resource/information is not intended to encourage social media use and we cannot accept any responsibility for pupils that sign up to social media sites after using this resource/information.

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# Age Restrictions for Video Games

3

PEGI 3

Games with a PEGI 3 rating are suitable for all ages.

They may have:

- child-like settings
- comical violence
- language more suitable for young children

7

PEGI 7

Games with a PEGI 7 rating are suitable for ages 7 and above.

They may have:

- some scenes or sounds that could be frightening
- mild forms of violence (non-realistic or with no detail)

For example:

- Just Dance
- FIFA
- DiRT Rally
- Animal Crossing

For example:

- Minecraft
- Roblox
- Among Us
- Lego Series

For further information regarding the video game age restrictions mentioned in this resource, please see the official PEGI website.



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Write down any questions you have and ask a trusted adult...