

Staying safe on the internet



Easy read fact sheet



People use the internet for lots of different things.



It is a good way to keep in touch with people you know.



But it is important to use the internet carefully.



You should follow these rules to keep safe.



Do not give out personal information about yourself.



Do not give out your full name or address.



Only share photos with people that you know in real life.



Do not post photos that show where you live, like the front of your house.



Never tell people your bank details.



Keep all your passwords secret.



Some people may not be who they say they are.



Make sure people's email address or social media account name looks real.



If it is made of lots of random letters or numbers, it may not be real.

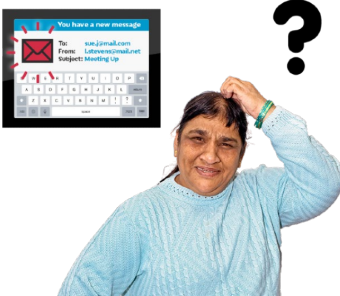
For example, RG56SABBGKG0.



If a person you know posts something strange, someone else could be using their account.



Phone them or text them to check that it is them.



Be careful if you get an email or message from someone you do not know.



Do not click on any links in emails from people or companies that you do not know.



Be careful speaking to people you do not know on the internet.



It is best to get advice from a friend, family member or supporter before speaking to a new person on the internet.



Do not meet up alone with a person you have met on the internet.

If you are worried



You should tell a parent or supporter if:

- Someone is making you feel sad or uncomfortable



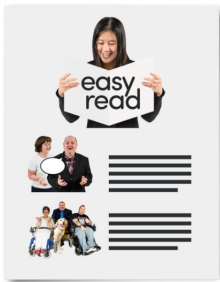
- Someone is asking you personal questions



- Someone is asking you for money or your bank details



- Someone is asking for your passwords



We have a [guide on what to do if you are being bullied on the internet or social media.](#)



www.seeability.org



facebook.com/RSB.seeability



[@seeability](https://twitter.com/seeability)



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