

Hello everyone,



We hope you're all ok and keeping safe. Life is very strange at the moment isn't it? Don't worry the grown-ups are feeling like this too. We're all in this together.

We know that most of you will be spending more time talking to your friends and family online as you aren't able to see them in person. We just wanted to remind you of all the e-safety tips you have learned at school so that you can keep safe and happy online. For example:

- 1) Never talk to strangers online and always let your adult know if someone tries to talk to you
- 2) Never give out any personal information like your name, address, school, phone number or passwords
- 3) Always tell an adult if someone is being unkind to you. **DONT KEEP IT IN!!!!**
- 4) Be aware of what you share. Make sure you check with an adult before posting or sending any photos or images. **Think: is it SAFE? Is it RESPONSIBLE? Is it RESPECTFUL?**
- 5) Be kind. We know this is a strange time but always remember to be kind. Unkind words can hurt even if they're on a screen.

Remember that the things we read, see and hear online can lead people to have all sorts of feelings (e.g. happy, hurt, excited, angry, curious). Our feelings can influence what we do and say online and can cause us to forget the consequences of our actions. We all have to be responsible and think about what we are doing and what the impact of our actions could be on ourselves, and on other people.

Take care when you share. If in doubt, speak out!



Remember, if you ever need to speak to someone about something that is bothering you and feel like you can't talk to your trusted adult, you can always phone Childline for a chat on 0800 1111 or contact Childline online.

Keep safe everyone. We miss you lots!!!!!!