nova Education Trust

Stay safe
online

Questions to ask yourself **before** you go online...

Can I tell if someone is trying to manipulate me?

?

Do I understand that people behave differently online?

?

Can I identify possible online risks?

Do I know what 'fake news' is?

Do I know what 'grooming' is?

Do I know that websites are designed to keep me online?

Do I know why people behave differently online?

Do I know how to diffuse an argument online?

Do I know that some online comments are not 'just banter'?

Do I know how I may put myself at risk online?

Do I know my 'online reputation' and its long-term impact?

Do I know what my 'digital footprint' is?

Questions to ask yourself when you **are** online...

What is behind this post?

What does this cookie do and what information am I sharing?

?

Why does someone want me to see this?

Is this person who they say they are?

Is this website/ email fake? How can I tell?

Is this fact or opinion?

Why does this person want my personal information?

Is this too good to be true?

Questions to ask yourself **after** you've been online...

Did I feel uneasy at any point on this website?

No → ... → Yes

Has this website affected my quality of life, relationships, confidence or self-esteem?

Yes

No → **Do I need to use this website?** ← Yes

Do I need to use this website?

Yes — No

No — **Continue to safely use the website with caution**

Speak to an adult and do not use the website

No — **Is there an adult I can speak to?** — Yes

Speak to an adult before using it again

Speak to an adult and do not use the website

Do not use the website

Follow the adult's advice

THINK before you post...

T Is it **t**rue?

H Is it **h**urtful?

I Is it **i**llegal?

N Is it **n**ecessary?

K Is it **k**ind?

Who can I **SPEAK** to?

Speak to your **parent or carer**

Speak to your **Tutor or another member of staff**

Speak to your **Head of Year**

Speak to someone in **Student Services**

Speak to someone in the **Drop In centre**

nova Education Trust