



INTRO

It's horrible when someone's nasty to you at school, isn't it? People sometimes say and do mean things on the internet and their phones too.

It's important to know how to take care of yourself online, on your phone and when chatting.

This booklet shows you the best ways for you to stay safe.



WHEN I'M GOING OUT



I always ask permission and agree where we are going.



I don't talk to people I don't know and tell an adult if someone is nasty to us.



If I am going to be late home or go somewhere else, I always phone or message my parents first.

HOW I STAY SAFE – WHEN I GO OUT...

Sometimes I am allowed to go outside on my own to meet friends. We have great fun playing games and exploring.

We also have a few rules to keep safe. We never meet people we have met online because we don't know who they are.



WHEN I'M ON MY PHONE

I never give my number to people I don't know. And I never give it to people I chat to online.

I send pictures to my friends. But I never send pictures to people I don't know or people I chat to online, as I don't really know who they are.

I never reply to texts or emails from people or numbers I don't know.

HOW I STAY SAFE – ON MY PHONE...

I always have my phone with me so I can keep in touch with all my friends and take pictures. I send messages to my friends and also to my parents so they know that I'm OK when I go out. I had to teach my mum how to use WhatsApp because she didn't know how it worked.

Once somebody sent me nasty messages. I told my teacher and she helped. You should never reply to nasty messages or emails, you should always tell an adult you trust. I check with my parents before downloading games and apps. Sometimes they cost a lot of money.

**Find out more about mobiles at
thinkuknow.co.uk/8_10**



IF I GET BULLIED...



I talk to someone I can trust.



I can call or talk to someone online from Childline.



I can talk to my leader or teacher who can help stop the bullying.

HOW I STAY SAFE – FROM BULLIES...







My friend was being bullied at school and on the internet. Some people call this kind of bullying cyber bullying. My friend got very upset because people called her names and were nasty to her. She talked to me about it because she didn't want to tell an adult. I told her about Childline – they run a website where young people can talk to each other about bullying.

They talked to my friend and helped her feel better. My friend also spoke to a teacher who stopped the bully. Childline has a special number for children. Remember bullying is never ok and it's never your fault.

You can also call or message them for free from any phone. They won't tell anyone you called and will talk to you about anything.

WHEN I'M ONLINE



-  If I want more help or to report a problem, I can go to thinkuknow.co.uk
-  I don't put a picture of myself on my profile or details of where I live or go to school.
-  I don't use webcams when talking to people who I've not met offline.
-  On social networking sites, I make my profile private so only my friends can see it.
-  I don't give out my address or phone number.
-  I don't open emails from people I don't know.

HOW I STAY SAFE – ONLINE

I love using the internet to play games and talk to friends. But I also need to make sure that I stay safe.

When using social networking sites like Facebook, Instagram and Twitter, my older sister makes sure that her profile is private so that only her friends see it. She doesn't use her real name either but a name that she created and all her friends know.

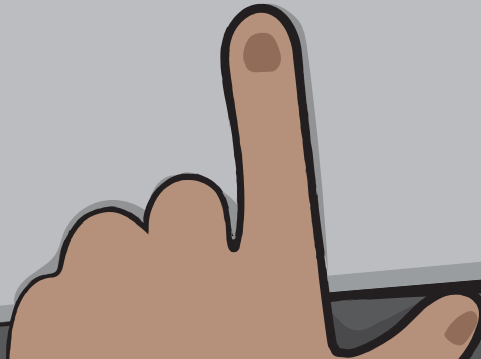


Y LINE...

Don't put any personal information like your phone number or address online.

Never tell other people your password.

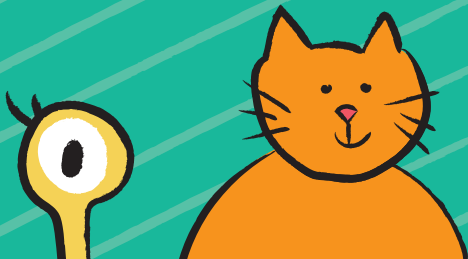
If you see something that makes you feel funny, tell an adult you trust.



HOW I KEEP MY DETAILS SAFE

My computer, tablet and phone have loads of information about me so it's important to keep them secure. I always use strong passwords and usernames that don't reveal personal information.

To make a strong password I use a mix of letters and numbers, and make new passwords for every account.







WHAT IF I SEE SOMETHING I DON'T LIKE?

Being online is like being in the real world, which means sometimes things happen that make me upset. If I see something I don't like or someone says something nasty I always tell someone about it straight away.

Remember to save any messages that upset you, and not to open emails from people you don't know. They might have a virus in them and damage your phone or computer.

Find out more about staying safe online at thinkuknow.co.uk/8_10



NEED TO TALK?

If something is worrying you or making you feel sad there are lots of people you can chat to. You might find it helps to talk to one of the leaders in your Cub Pack. Of course you can always talk to your friends or someone from your family.

Don't forget – you can call Childline. They won't tell anyone you called and it's free, even from your mobile.

Childline: Childline.org.uk t: 0800 1111
ThinkUKnow: thinkuknow.co.uk



© 2016 The Scout Association
Registered charity numbers: 306101
(England and Wales) and SC038437 (Scotland)

BAR CODE