Online relationships and staying safe

The internet can be a good way to keep in touch with friends.

It is important to know how to keep safe using the internet.

People can tell lies on the internet.

People may not be what they seem.

People can use different names and pretend to be someone else.

If you do not know the person in real life, then they are a stranger to you.

Never give out personal information to strangers like: your name, your address, family information, your phone number or your bank details.

Keep your password private.

This will keep your information safe.

Ask for help if you do not know how to use the internet and want to try it out.

There are people that can help you learn to use it and keep safe.

Be careful what you post online.

Everyone can see what you post online.

Nothing is private.

Do not tell people on the internet where you are, or post about being home alone.

Be careful when adding people on social media.

Ask yourself:

- Do I know this person?
- How well do I know them?
- Do I trust them?

If you are getting nasty messages online, tell someone you trust.

They will help you look for ways to stop the messages.

People can save photos that you send them online, through messages or Snapchat.

If you send photos of your private parts, people can save these photos and post them online.

If you want to use a dating site, you can ask someone who supports you to find the right one.

If you meet someone through a dating agency, you should meet in a public place and tell someone.

A good dating agency will have someone to support your first date if you want that.