IF YOU WOULDN'T DO IT IN REAL LIFE, DON'T DO IT ONLINE!

Rules to remember

Not everyone on the internet is real

Some people will pretend to be your friend to get money, to ask you for private things or to bully you – so, be careful who you friend on social media – facebook, twitter, Instagram and snapchat.

If you are going to meet someone you have met here are some safety tips:

Tell someone who you are going to meet and where

Phone someone at home when you have met up to describe the person you have met

Make sure you meet somewhere that is public, where there are lots of people about

Arrive early and tell someone what you are doing, someone who works in a café or pub you are meeting in so that if you need help you can go to them

If someone on the internet asks you to do something that you wouldn't do in the street – don't do it

If someone on the internet asks you to send them money – don't do it

If someone on the internet bullies you, report them to the police, it is illegal and they will support you

If you get an email from someone you don't know, don't open it

If someone emails you and offers you something for doing nothing, it won't be real, people aren't that lucky

THINK – WOULD I DO THIS IN REAL LIFE? IF THE ANSWER IS NO, THEN DON'T DO IT.