Stop, Check, Share approach to online safety.

STOP

- We need to take breaks from the internet and do other things. It's important to have balance in our lives.

- When we are on the internet we need to slow down and to stop to check what we are doing is the right thing.

- Notifications, messages, friend requests all make us react quickly. Stop-take control.

CHECK

- We need to regularly check that what we are doing is the right thing.

- We must remember that the internet is a public space. Things we think are private may be quickly and easily shared or copied by others. Are you happy for your post to be shared on a billboard?

- Are you happy with the thing you are being asked? Is it upsetting or making you feel uncomfortable?

SHARE

- We all come across things we don't like.

- If you are unsure about something share it with a trusted adult.

- Do you know who your trusted adults are? Talk to your parents or teachers to find out more.

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