

A for accepting

- Kai:** Hey Winston, hey Kara. It's great to hear from you.
- Eva:** That email you've received doesn't sound right. You need to be really careful with attachments, especially if you don't know who they're from.
- Tiago:** Yeah you're right. Sometimes attachments aren't always what they say they are.
- Kai:** It could be something that upsets you, or it might even be a virus.
- Nia:** Absolutely. If it's from someone you don't know and it has an attachment, delete it and get rid of it!
- Phoebe:** But the best thing of all is to always ask someone for help...like your parents or teachers.

M for meet

- Nia:** Hi guys, thank goodness you called. I have a bad feeling about this...
- Tiago:** Me too. Online friends are still strangers and might not be telling the truth about themselves.
- Phoebe:** If you do meet Black-eyed Bean, and we really don't advise it, take a trusted adult with you and make sure they meet your online friend.
- Tiago:** Yeh if you go by yourselves you might get hurt!
- Kai:** There are lots of things you can do online. Lots of sites let you report what's going on and you can block people too if they're bothering you.
- Eva:** You may not know it but sometimes you could be speaking to a grown up. So if someone you don't know is asking you personal questions, wants you to send a photo, or to meet up in real life... tell an adult immediately.
- Nia:** If any of these things happen you should report it to thinkuknow.co.uk.

R for reliable

- Kai:** Hey Winston, hey Kara! It's great to hear from you. Information sites like Wikipedia are great, but anyone can add to them, so they might not always be true.
- Tiago:** You really need to check in other places too. I looked at just one website for my homework and got totally the wrong information!
- Phoebe:** Yeah. You need to check at least three websites to be sure.
- Nia:** Don't forget that you can always check in a book...
- Eva:** Or ask an adult for help.

S for safe

- Tiago:** Hi guys. I love playing online games, but sometimes it's hard to know what you can talk about on the internet.
- Kai:** I know! My friend put up a video of himself and added his phone number and email address. He started getting contacted by strangers. He was really worried!
- Nia:** I think we need to remind everyone about personal information.
- Phoebe:** Good idea! Your name, age, home address, phone numbers and email address are all personal information.
- Nia:** It's like a jigsaw puzzle all about you!
- Eva:** Oh, and don't forget about your passwords too! Make sure they are difficult for others to guess.
If you keep your personal information to yourself, you'll be much safer on the internet.

T for Tell

- Nia:** Kara, I can't believe they did that to you.
- Kai:** Cyberbullying is so unkind. It's really upsetting when someone's nasty to you online.
- Tiago:** At our school, a photo was being sent around with loads of mean comments. When the teachers found out, they talked to us about what was going on.
- Kai:** Yeah the bullies apologised and deleted the photo, but lots of people were upset by it.
- Eva:** If it happens to you, you can save the evidence by taking screen shots and keeping any messages.
- Phoebe:** It's really important that you don't reply, or be rude back. Telling an adult straight away can help to make things better.