

My keeping safe guide

E-Safety



autism
learning disabilities
complex care needs

Going online

You can go online to do lots of things

Chat with friends and family

Share pictures with
friends and family



Play games



Watch videos



Find out about
your interests



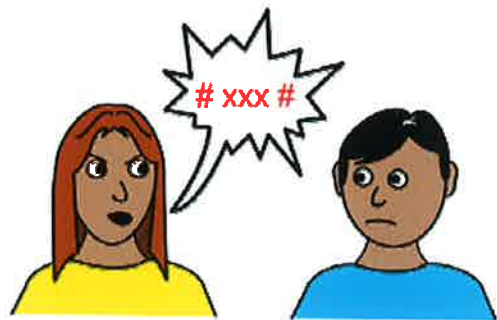
Dangers online

Going online is not always safe.

People online might not be honest and kind.



People may bully you and make you sad or upset.



You might see something about sex that you don't want to see.

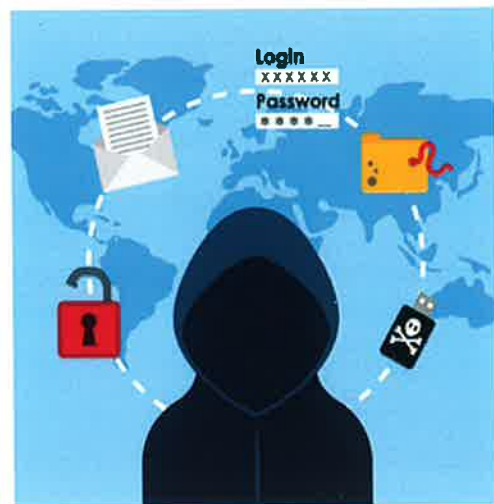
Someone might try and talk to you about sex when you don't want to.



People might send you files that will give your computer a virus.



If you share your details someone might use it for something bad.



You might see something that is illegal to look at. It could get you in trouble.

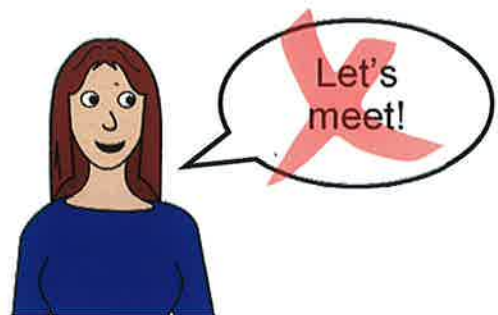


How can you stay safe?

Your online friends should be people you know in the real world.



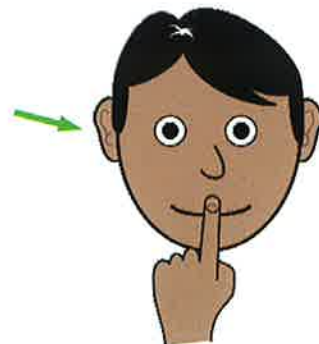
Don't meet someone you only know online.



Don't open files sent by people you don't know in the real world.

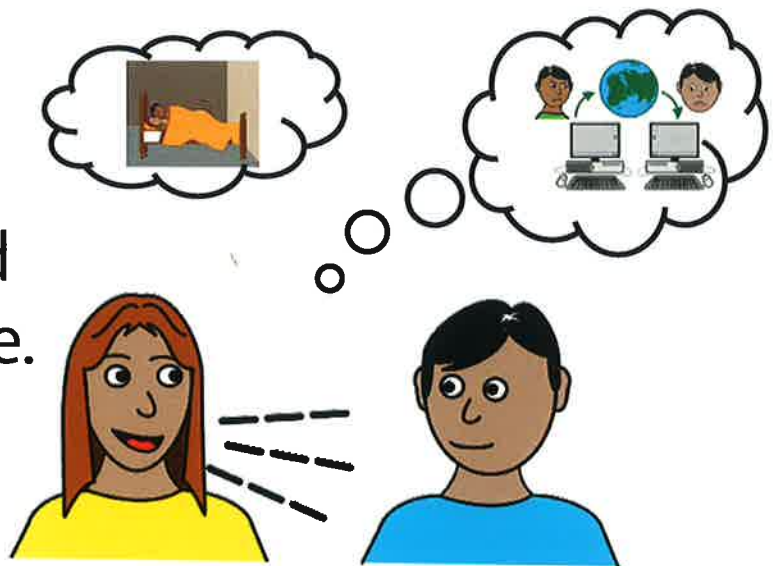


Don't tell people you don't know in the real world anything about yourself.



If I need help

If you are worried about something that has happened online tell someone.



They will keep you safe.

