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## Personal Safety

### Online Safety

[Top 10 tips for staying safe online](#)

[Top 10 tips for mobile phone safety](#)

[Top 10 tips if you're being bullied online](#)

### Peer Pressure

[Safety Net Assertiveness Project – SNAP](#)

[SNAP for Friendship](#)

[SNAP-ITS](#)

## staying safe online

- 1) Don't post any personal information online – like your address, email address or mobile number.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- 3) Keep your privacy settings as high as possible
- 4) Never give out your passwords
- 5) Don't befriend people you don't know
- 6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
- 7) Remember that not everyone online is who they say they are
- 8) Think carefully about what you say before you post something online
- 9) Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
- 10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.