

## E-Safety : 10 Tips for Teenagers

### Social networking

1. Lock down your Facebook page. Make sure only your friends and family can see your profile – not friends of friends or the whole wide world! Check often because privacy settings tend to get changed by the big sites from time to time.
2. Just to look popular it is tempting to say yes to every friend request but resist this! You don't want to add people to your list of friends unless you do know them. Remember they will be able to see your whole life!
3. it's that old rule, don't post anything you would not want your family to see. Your image might be shared or hang around online until the day you are trying to impress a new girlfriend or boyfriend. Once you share it you have lost control of it.
4. It is useful to have a separate email for shopping and transactions. That way you can keep your own email address private. Avoid giving you house address unless arranging for a delivery when buying something or on a government website such as getting your driver's licence.
5. Password protect your phone or tablet and lock it when you're not using it, logging out of any SNS sites so that nobody can pick it up and use it while you're out of the room.
6. If a link looks tempting but weird or it arrives inside an email or text, don't click on it, but instead search for info on it using your search engine, or ask an adult.
7. If a message arrives from a friend but the language is not their usual style, stop and consider – have they been hacked? Text them and ask.

8. Always log out! Make sure you don't leave any account open especially banking or personal stuff when you go away from your computer, phone or other device.

9. Make your password complex and easy to remember:

Passwords should include letters and numbers and exclamation marks. Some letters could be in upper case, others in lower case. Use unusual punctuation or symbols that mean something to you.

- Never use a sequence of numbers or easy dictionary words. Idiots use 12345. Avoid your dog's name or your school motto. Don't use obvious names like your favourite sports team or brand. Remember when you were small and you created secret languages with your friends? Now is the time to do that again without telling friends.

- Don't use the same password for everything.

- If you think someone has seen you using a password – change it the first chance you get.

10. If you are ever upset by anything online, ask or talk to someone who can help.

NSPCC [www.nspcc.org.uk](http://www.nspcc.org.uk)

ChildLine ways to talk <http://www.childline.org.uk/talk/Pages/Talk.aspx> 0800 1111

The Samaritans confidential talk about the hardest things [www.samaritans.org](http://www.samaritans.org)

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Adrienne Katz author and trainer. Research with young people on their online lives is conducted annually in the Cybersurvey. Over 30,000 young people have shared their views and experiences with us.