

# Your Guide to Staying Safe on the Internet A' cumail Sàbhailte air an Eadar-lìon



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# How Can I Protect Myself?

## Ciamar A Dhìonas Mi Mi-fhèin?

Remember that the Internet is a public place - you have to be careful who you trust out there.



Always use a nickname when you are on the Internet. Keep your real name, address, telephone number and school name a secret. The same goes for your friends' details.



Don't send anyone pictures of yourself without first checking with your parents or guardians.



Never arrange to meet someone from the Internet in person because you never know if that person really is who they say they are. If you must meet someone, always make sure that your parents or guardians agree and that they go with you.



Don't open email from people that you don't know. Delete it straightaway as it could be something nasty, contain computer viruses or try and sell you something.



Always tell a parent, guardian, teacher or librarian if you ever feel uncomfortable about anything anyone says to you or sends to you on the Internet. These people are there to help you protect yourself and you should never feel embarrassed about asking for help to keep yourself safe. They may also be able to suggest good, safe sites and chat rooms - made just for young people. Talk to them about what you find on the Internet. Show them your favourite websites and tell them about any interesting chat rooms you like to use!