

Stay Safe Online

YOUR 5 TOP TIPS FOR ONLINE SAFETY

Your quick guide to being **SMART**, safe, and confident online

SAFE

Keep your personal information private.

That means your full name, address, phone number and passwords. Only share with trusted adults.

Never meet someone in person who you've only met online. If someone suggests meeting, tell an adult you trust straight away.

MEETING

ACCEPTING

Be careful about what you open, click, or download. Files & links can carry viruses or scams. Do not accept friend requests from people you don't know.

Not everything you see or read online is true. Check facts with a trusted adult or a reliable website before believing or sharing them.

RELIABLE

TELL

If anything online makes you feel worried, upset, or unsafe, tell a trusted adult right away.

Remember: Being online should be fun and safe. By following these tips, you're protecting yourself and showing others how to be smart online too! 🌟

If Something Doesn't Feel Right...



STOP

leave the website or app.



TELL

speak to a trusted adult (parent, carer, or EDCo).



SAVE

keep any messages or screenshots if you need to report them.

Trusted Adults You Can Talk To

Parent/Carer

Your AP Education tutor

A teacher at your school
(if still on roll)

Designated Safeguarding Lead: Sabrina Laverty

Deputy Designated Safeguarding Leads: Darren Smith and Penny Darby

 safeguarding@ap-education.com  0800 488 0424

Need Support? You're Not Alone

If you're feeling stressed, anxious, low, or just need someone to talk to, here are places made for young people.

Someone To Talk To

Childline | Talk about anything, anytime. **0800 1111** | [childline.org.uk](https://www.childline.org.uk)

Kooth | Free online chat with trained counsellors | [kooth.com](https://www.kooth.com)

YoungMinds Textline | Text YM to **85258** (free, 24/7) if you need help now.

Want New Things To Do?

Free or low-cost ideas to help you get out, get creative, or meet new people:

Local youth clubs | sports, music, games, and meet-ups

Scouts or Guides | skills, adventures, and new friends

[scouts.org.uk](https://www.scouts.org.uk) | [girlguiding.org.uk](https://www.girlguiding.org.uk)

Your local library | clubs, events, homework help, and quiet spaces

Useful Helplines

Childline **0800 1111** | www.childline.org.uk

NSPCC **0808 800 5000** | www.nspcc.org.uk

CEOP Report online abuse at www.ceop.police.uk