

# Tywyn's Digital Leaders





We are  
promoting  
Online Safety.



# Be Tech Safe This Christmas

## Online Safety Tips For Children



Wow, it's December already! The Christmas holidays are just around the corner, and for many children that means unwrapping new gadgets, exploring fresh apps, or simply spending more time online. Whether it's diving into the latest games on a new console, chatting with friends on a tablet, or browsing the web on a phone or computer, this time of year often brings a big boost in screen time.

We've put together a list of our top tips to help make sure that—whether you're going online to chat, research, play or just have fun—you can do it safely.

# Be Cautious With Your Profile



- Be careful not to give out too much information on your social media or gaming profiles. Details like your full name address or school name could all help strangers to actually find you offline. A trusted adult can help you make your profiles private –so only your family and actual friends can contact you.

# Lock your devices.

Taking your phone or tablet out and about? Turn password protection on, it keeps your private information safe and stops anyone accessing your device without permission, Passwords should be memorable to you – but difficult for anyone else to guess. Get a trusted adult to write it down in case you forget it!



# Be Smart About Your Screen Time



**Too much Screen time, especially just before bed, can affect your quality of sleep.**



**Losing sleep, or not sleeping well enough, messes with your concentration and energy levels .**



**Try muting notification so you don't get pinged late at night: you'll feel fresher and more focused the next day.**

## Know How To Deal With Bullies



Sadly, there are people online who enjoy picking on other users. If you ever feel like you're being bullied online-by anyone, not just someone from school-talk to a trusted adult about it. Together, you can discuss possible steps, such as blocking or reporting the person the person targeting you.

# React well to inappropriate content.



- When you're researching something online, there's always a chance of finding content that makes you feel uncomfortable or upset.
- If this happens, you can report it as inappropriate and (hopefully) get it taken down.
- Tell a trusted adult what happened: they'll help you decide what to do next.

# Learn How to Spot Fake News

If your looking into a topic for homework or a project, be careful not to get taken in by fake news: content that's deliberately created to mislead people. Check the story with credible sources, like the BBC or Sky News. Trust your instincts, too-if it seems too unbelievable to be true, it's probably fake

**SCAM** ALERT!

