

Facts about cyber bullying:

- 30% of parents are worried about cyber bullying.
- Over 25% of children who face cyber bullying do not tell their parents
- 81% of young people that cyber bullying is easier to get away with than bullying in person.
- Girls are about twice as likely as boys to be the victims and perpetrators of cyber bullying

Where to find help:

If you are being bullied, there are people you can contact. You can visit the Think You Know Website: www.thinkuknow.co.uk

Or you can call: 08088002222



E-safety hand book for Key Stage 2



Years 4-6



By Courtney Lee and
Alivea Bennett

What is E-safety?

E-safety is staying safe online. This could include texting, phoning, friend request and E-mails, fake profiles, comments on videos and gaming.

You need to be careful with the things people send you (like emails or messages) because viruses and hackers can block your account whether that is on a phone or a computer.

How to protect yourself online

- You need to be careful about the things that pop up on your phones, computers or tablets.
- Keep your personal details to yourself (address, phone number and age).
- Make sure your account settings are private and it is only open to friends and family.
- **DONT TALK TO STRANGERS!** You don't know who they really, they could be lying to you about their identity.

THINK about what you put up on the internet!

T – is it **true**?

H – is it **helpful**?

I – is it **inspiring**?

N – is it **necessary**?

K – is it **kind**?

This are the questions you need to think about before posting anything on the internet.

Be Smart!

S - Stay safe

M - Don't meet up

A – Should you **Accept** files

R – It this **RELIABLE**

T - **TELL SOME ONE**

