

Deedee's Golden Rules



Read the statements below and fill in the gaps to complete Deedee's golden rules.

1 Don't give out your _____, like your _____ or school name.

2 In the real world and online, we should be _____ and thoughtful, say nice things, and treat others how we _____.

3 Don't share images or videos of people without their _____. You also shouldn't share images or videos of yourself unless a _____ or _____ says it's okay.

4 Ask a parent or carer before you download an _____, in case they are for older children. In some games, we can spend our parent or carer's _____. We shouldn't do this unless they say it is okay.

5 Never arrange to meet _____ who you only know online. They might not be who they say they are.

6 You shouldn't spend more than an _____ a day on a computer. Also, you shouldn't be on one during the hour before bed time as this can affect your _____.

Deedee says that when you talk to people in the real world or through the internet, you should always treat them in the same way you would like to be treated. Try not to say nasty or hurtful things as this may upset them. If somebody upsets you then it is important to tell an adult you trust, because they can stop this from happening.

Follow all the golden rules to help you stay safe online.

On page 83, there is a list of organisations that can also support you.

