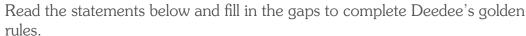
Deedee's Golden Rules





0	Don't give out your or school name.	, like
2	In the real world and online, we should bethings, 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 or says it's okay.	
P	Ask a parent or carer before you download anin case they are for older children. In some games, we can spend our parent or care shouldn't do this unless they say it is okay.	
5	Never arrange to meet They might not be who they say they are.	who you only know online.
6	You shouldn't spend more than anyou shouldn't be on one during the hour before bed	
D 1		

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.