



'SAFE CHAT'

*Not everyone in a chatroom is
really who they say they are.*

Don't Reply to messages that are meant to annoy you.

Keep the Message; you don't have to read it, but keep it as proof. It is vital to have a record of the incident when you look for help or want to report it.

Block the Sender. You don't have to put up with someone harassing you - block unwanted senders!

Tell Someone you Trust. To chat with someone from Childline in confidence text the word 'TALK' to 50101.

Report Problems – Do not put up with offensive content and reporting it to the website owners when you come across it.

Respect Yourself and Others - Know your rights Be creative! Be yourself! Be in control!

Remember What Goes on the Web Stays on the Web!

USE A NICKNAME NOT YOUR OWN NAME

When you log into a chatroom you should always make sure to use a nick name or alias, something which can't easily be used to identify you. You can tell your real friends your nickname so they know who to look out for when they join the chatroom

NEVER EVER GIVE OUT PERSONAL DETAILS

1. This means no telling people your **real name**, even just **your first name**. If there is someone unsavoury in the chatroom, they can start to use your name to gain your trust.
2. You also shouldn't tell anyone **how old you are** or even **your gender**. That might sound a bit odd, but if there is an adult in the chatroom who is trying to target young girls or boys, you are giving them the information they need.
3. Other information that you absolutely mustn't give out are any **details about where you live**, you shouldn't be telling people **your actual address** or even **which town you're from** as that gives them the chance to say they live near you and try to gain your trust.
4. You also **shouldn't tell them which school** you go to. It wouldn't take a genius to track down a school. They only need a bit more information about you gleaned from your conversations in the chatroom for them to be able to identify you at school.
5. No matter what reasons or excuses people give, **don't EVER tell them your phone number**. They might make out that they really like you and they want to chat to you in person. Don't be fooled, keep your phone number a secret.

KEEP YOUR EMAIL ADDRESS A SECRET. You might think that it can't do any harm to let someone have your email. But they might start sending you pictures that make you feel scared or uncomfortable. They could even send you a computer virus in the email.

DON'T SEND YOUR PICTURE TO ANYONE

Never ever send anyone your picture. It doesn't matter how much they ask or promise to send you one in return, don't let them see what you look like.

DON'T OPEN ATTACHMENTS FROM ANYONE

This shouldn't be a problem because you won't give anyone your email address, **don't open them emails with mean messages or rude images**.

STAY IN THE PUBLIC CHATROOM

Always stay in the public chatrooms. If someone you don't know suggests going into a private chatroom so you can talk in private, don't agree. The public chatrooms have other people in them. They might notice if there is something wrong. If you are in a private chatroom alone with someone, there is no one to help you out. Even if you are in the public chatroom and someone says anything which makes you feel uncomfortable, **don't respond back - Log off and tell your parents**.

DON'T MEET UP IN REAL LIFE ON YOUR OWN

Don't ever agree to meet someone in real life that you have met in a chatroom. If you do ever decide to meet someone, make sure that it is in a public place and make sure that your parents go with you. If someone suggests that you go alone, it should set **alarm bells ringing**.

CYBER BULLYING

Cyber bullying means to try to hurt someone's feelings by using technology such as the internet, email, chatrooms and texting. This has included things like having a private email you sent to someone forwarded to other people so they could read it, or having a rumour or an embarrassing photograph posted about you online, **without your permission**.

Some people think that it's ok to do these things. They think that because it's online and not being said in person, it doesn't count or it won't hurt anyone. They might feel like they are anonymous because of the Internet and that they can post whatever they like because they won't get found out.

How to Deal with CyberBullying

REPORT PROBLEMS

Lots of websites allow their users to upload photographs and videos or even write blogs. However, they don't check that everything uploaded to their site is appropriate to be made public. Responsible websites provide ways for their users to report things such as pornography, bullying content, or other offensive material. You can take control, by not putting up with offensive content on your favourite site by reporting it when you come across it.

STEP 1: REPORT TO THE WEBSITE

If something is posted on a website that is intended to be hurtful or offensive to someone, your first step should be to contact the owners of the website and get it removed. If this doesn't have any effect move on to step 2.

STEP 2: REPORT SERIOUS ISSUES

Serious incidents that could be illegal should be reported to either the Gardaí or the Hotline. Illegal issues include someone making inappropriate sexual suggestions, racist remarks, or persistent bullying.

These incidents can be reported anonymously to <http://www.hotline.ie> – all reports are taken very seriously and passed on to the Gardaí when appropriate.

TALK TO SOMEONE

Talking to your parents, friends, or someone you trust is usually the first step in dealing with any issue. In the case of school related bullying messages you should also talk to a teacher or guidance counsellor about it.



By texting the word "TALK" to 50101 you can get in touch with someone who can help. The service is totally confidential. If you need to speak to someone straight away please call **Childline on 1800 66 66 66**.

WHO AND WHERE

Use nicknames or first names on your profile. It's not a good idea to give away online who you are and where you are the same time. Sometimes online relationships go wrong; in those cases you'll be the one in charge if you've kept your online and offline identities separate. You can allow people to find you by giving out your address, the name of your school, and talking about where you hang out in your blog.

WATCH YOUR SPACE & STAY IN CONTROL

If people can post comments on your profile, check them regularly. **Don't reply to comments** that annoy you or make you angry. Stay in control, delete them, block the person, and report them to the website owner.

FACE 2 FACE

As you know, people you meet online are not always who they seem to be. Be careful about getting together with someone you "met" online unless you are certain of their identity. If you do meet them arrange the meeting in a public place and bring some friends along. 24% of Irish children who have met someone face-to-face that they first met online said that someone who introduced themselves to them as a child on the Internet turned out to be an adult. **Don't be a victim.**

KNOW WHO CAN SEE YOU

Many sites allow you to decide which parts of your profile can be accessed by others. Assume that everything is public unless you are sure that it isn't. Opting for private doesn't always mean that only your friends can see your profile. In some cases, everything you put on your profile can be seen by everyone but only your friends can post comments or IM you.

"FRIENDS" AND FRIENDS

Try and be selective about who you become friends with, you can tell a lot about someone by the company they keep. Ladies, if a guy you don't know 'adds' you and he has nothing but half-dressed girls on his page, don't add him back. Even though they are called friends, people you 'add' are really little more than acquaintances, nobody has 500 friends. Add people you know. Be as popular as you are or aren't.

SOMEONE'S LOOKING AT YOU

Remember, anything you post can not only be seen by others but can easily be copied and stored. Your photos and blogs might be getting you noticed in a way that you didn't intend.