



# Staying Safe When You Use the Internet

KS2 COMPUTING

Ages 10-14 ⌚ 3 min read

## Why Internet Safety Matters

The internet is amazing for learning, playing games, and chatting with friends. But just like you wouldn't give your house keys to a stranger, you need to be careful about what you share online and who you talk to. **Internet safety** means protecting your personal information and staying away from harmful content.

Think of it like crossing a busy street: you need to look both ways, stay alert, and follow safety rules to get where you want to go safely.

## Protecting Your Passwords

A **password** is like the lock on your diary. Never share yours with anyone except your parents or guardians. Make your passwords strong by mixing **uppercase letters, lowercase letters, numbers, and symbols** (like ! or #). Avoid obvious choices like your birthday or your pet's name. Use different passwords for different websites, so if one gets hacked, the others stay safe.

## Watch Out for Scams and Strangers

Not everyone online is who they say they are. **Phishing** is when someone tries to trick you into giving them personal information by pretending to be a trusted website or friend. Be suspicious of messages asking you to click links or download things, especially from people you don't know. Never arrange to meet someone from the internet without telling your parents first.

Think of it like a disguise: a scammer might dress up as a friend, but something feels off when you look closely.

## Think Before You Share

Once you post something online, it's almost impossible to remove completely. Be careful with **personal information** like your address, phone number, school name, or passwords. Even seemingly innocent photos can reveal where you live or go to school. Ask yourself: would you be happy if a stranger knew this about you?

## Use Privacy Settings and Parental Controls

Most social media and gaming platforms have **privacy settings** that let you control who sees your posts and messages. Turn these on and keep them strict. Your parents might want to use **parental controls**, which help them monitor what you're doing online. This isn't about spying—it's about keeping you safe.

## Know When to Ask for Help

If something makes you uncomfortable online—mean messages, scary content, or someone asking to meet you—tell a trusted adult immediately. **Cyberbullying** (mean behaviour online) is never okay, and you're not alone if it happens to you. There are websites like the **UK Safer Internet Centre** that can help.

By following these tips, you can enjoy the internet while staying safe and protecting your privacy.