

Five T's of E Safety



Technology

Use all **technology** including mobile phones, games consoles, tablets and computers safely.

Think before sharing information with others.



Time

Use **time** to think before posting messages and images that could be hurtful or embarrassing to yourself or others.

Be kind



Take Care

Take care on the internet, some things and people are not what they seem.



Tricky

If things get **tricky** and you feel uncomfortable, leave the site and ignore any comments or emails.



Tell

Tell someone if you are worried about anything that has happened while you've been online.

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