**To be safe on the internet just follow a few important yet simple guidelines.**

1. Don´t give out your address or telephone number to anyone. You don´t know who is behind the monitor at the other end.
2. Don´t send your photographs, especially not any intimate photographs, to anyone you don´t know. Don´t send such photos even to a friend – you never know what they might do with it.
3. Keep your passwords (including your e-mail password) in secret, don´t give them out even to a close friend.
4. Never respond to any messages or e-mails that are rude, vulgar or mean. Ignore them.
5. Never agree to get together with someone you met online without first telling someone.
6. If you come across a picture, video or e-mail that will shock you, leave the website.
7. If a website or someone´s messages make you feel uncomfortable or even frightened, tell an adult about it.
8. Be careful with viruses. Don´t open an attachment to an e-mail sent from an unknown address.
9. Don´t trust every piece of information you read online.
10. If you don´t feel like chatting to someone, don´t.