

[Childline](#) -

Top internet safety tips from young people

Be careful what you share online.

When you choose a profile picture for a social networking website like Facebook or Twitter, avoid photos that could give strangers clues about where you live.

Check your privacy settings regularly.

Think about what should be shared in public and what shouldn't. Learn about how you can take care of your digital footprints.

Think before you post

Don't upload or share anything you wouldn't want your parents, teachers or friends seeing. Once you press send, it is no longer private.

Never share or reveal your passwords

Use strong passwords that are hard for others to guess, using a mix of letters and numbers. Keep passwords to yourself and change them regularly.

Be careful who you chat to

If somebody you don't know adds you as a friend, ignore them and delete their request. Don't share personal information like your address or phone number with somebody you don't know.

Need immediate help?

Do you need immediate help or have a real emergency? If so call 999 or contact your local police.

CEOP (Child Exploitation On-line Protection) help children stay safe online.

When should I report to CEOP?

Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it to us below. Remember if you need immediate help call 999

[Make a CEOP report](#)