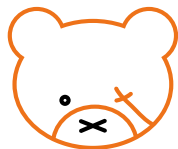


TEN COMMANDMENTS OF SAFE INTERNET USE FOR CHILDREN



The Internet can be a „good servant but a bad master“.

Read our ten commandments carefully, and if you don't understand something or have questions, talk to your parents, or call our helpline.

1. **Think about the fact that the moment you share something online or send it to someone, you lose control of the content - it can fall into the wrong hands.** Back to you may no longer be able to delete the content (e.g. a photo). Any information can circulate on the net for a long time.
2. **If you come across something on the internet that you don't understand and is worrying you, talk to an adult and discuss it with an adult.** Maybe something isn't right, or it's not meant for your age.
3. **If you're talking to a stranger online, be careful - you can never completely rely on the other party being who they say they are.**
4. **If a stranger asks you out, talk about it with an adult you trust. Together, think about whether it's safe.** Someone should always know where and with whom you are. The meeting should take place somewhere where there are other people.
5. **Sometimes you may do something that you shouldn't do - for example, send a photo to someone or write something unpleasant and then regret it.** Don't worry, we can still talk about it and find a way to make it right.

CHILDREN'S CRISIS CENTER

6. If you don't share your intimate photos in person, you never know what the recipient will do with them or whether someone else will get their hands on them.

7. **Is someone calling you names on the net?**

Threatening you? Blackmailing you? Don't listen to them, you don't have to do what they want you to do! Turn off the communication and confide in an adult.

8. **Has someone posted something about you online that makes you feel ashamed and embarrassed?**

You have the right to help and support!

9. **Do not give out your passwords or other access details to anyone except your parents.** Log out of your accounts when you leave. You don't know who can access them and what they will do on your behalf.

10. **If something is happening that you believe is not right, share it. You deserve help! Is there anything else you want to know? Do you have a question about how things are going in calls, chat or email?**



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