

ADVICE

Never meet up with someone you have only ever met online. They may not be who you think they are;

SOMETIMES PEOPLE LIE ABOUT WHO THEY REALLY ARE.

When someone keeps trying to get you to do something online, this can be called Grooming.

THEY MAY USE THE FOLLOWING TACTICS TO GET YOU TO DO SOMETHING:

- **THREATS** – saying something bad will happen if you don't do what they say;
- **FLATTERY** – saying really, really nice over the tops things about you;
- **BRIBERY** – when someone offers you something in return for doing something;
- **TOO GOOD TO BE TRUE** - when someone claims they will do, or give you something so good that it doesn't seem possible.

IF YOU EVER FEEL UNCOMFORTABLE OR WORRIED ABOUT ANYTHING YOU SEE ONLINE, INCLUDING CYBER BULLYING – TELL AN ADULT YOU TRUST.

WHERE TO GO FOR HELP AND ADVICE:

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



BBC
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PEGI Pan European Game Information



YEAR 6
Online
Relationships

HELP AND ADVICE

WHAT IS THE DIFFERENCE BETWEEN A HEALTHY AND AN UNHEALTHY RELATIONSHIP?

HEALTHY – someone who is respectful, good at listening, fun, caring and someone you can trust.

UNHEALTHY – someone who pressures you, makes fun of you, is selfish, leaves you out, or tells lies.

- We should be responsible and kind in how we treat people online, in the same way we treat people face-to-face.
- Treat people how we would want to be treated ourselves.



CYBER BULLYING

RECOGNISE THE SIGNS FOR YOU AND YOUR FRIENDS:

- Some people who play online games and use social media deliberately target others to try to make them upset or feel bad about themselves.
- People can still get upset by mean or horrible things said about them online.
- Police can become involved when messages become really threatening or abusive.
- Be careful and think about how you interact and chat with people online.

GROUP CHATS

MOST OF US FALL OUT WITH FRIENDS FROM TIME TO TIME.....BUT

- Sometimes you can end up sending messages which are upsetting to one of the group;
- Others can get drawn in and start making negative comments too;
- People can be left out of the group, false rumours can be spread and embarrassing pictures posted and shared.



IF YOU THINK THIS IS HAPPENING TO SOMEONE, PLEASE REPORT IT.