

# Talking to people online



You might want to talk to people online that you know from school or other activities.



You might want to talk to people online that you haven't met before.



You might want to talk about your special interests.



You might want to talk about games you like to play online.



You might want to talk about feeling sad or lonely.



We know that talking to people online can be a way to make friends.



But sometimes talking to people online can come with risks.



# What are the risks of chatting online?



You should talk to your parents or carers before you talk to anyone online.

They can help you understand whether it is safe or not.



Sometimes people online lie about who they are.

They might use a photo or name of someone else.



These people may want to hurt you or be unkind.



## Friends online should not:



Ask you for money.



Ask you for photos, videos or livestreams.



Ask you for information that is private.



Ask you to meet up offline.



Ask you to keep secrets from parents and carers who keep you safe.



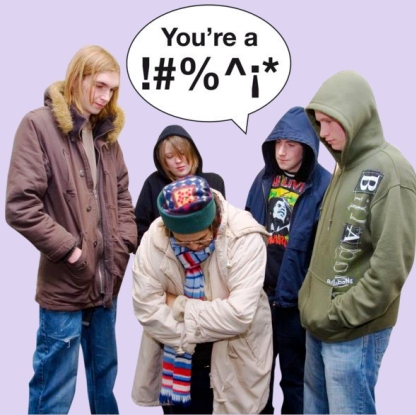
If someone asks you for any of those things, you should tell your parent or carer.



# Online Bullying



Sometimes your friends can be unkind online.



They might use upsetting words.



They might not invite you to join a group chat.



They might tell you off for not liking their photo or commenting on it.



This can be very confusing.



If you are upset by something your friends are doing online, you should tell your parent or carer.



# Chatrooms



Chatrooms can seem like a fun place to talk to people. But they don't always have rules.



This means adults could join a chatroom for children. In some chatrooms you can talk on video chat.



This means an adult you don't know could call you. They could do rude or unkind things on video.





They could say rude or unkind things on the chat.



We don't think any children should use chatrooms.



If someone asks you to join you should talk to a parent or carer.  
They can help you stay safe.

We have lots more information on the NSPCC website to help keep children safe online:  
[www.nspcc.org.uk/onlinesafety/](http://www.nspcc.org.uk/onlinesafety/)

