Good (and bad) news travels fast online, and you can sometimes find yourself in tricky situations with lasting consequences. But what can you do to prevent this? The answer: understand how to share smartly with those you know – and those you don't.

Every Word Matters
- ✓ Treat online communication the same as face-to-face communication.
- ✓ If it isn't right to say, it isn't right to post. If in doubt, get guidance on what kind of communication is (and isn't) OK.
- ✓ Personal details about family, friends – and yourself – should stay private.
- ✓ Think carefully before sharing pictures – what consequences could there be? Does it give away personal information? Do you have permission to share that picture of someone else?

People and situations online aren't always what they seem. Internet Legends know how to tell the difference between what's real and what's not.

Spot the Signs of a Scam
- ✓ If messages about 'winning' or getting something for 'free' feel too good to be true, they probably are.
- ✓ Things getting too personal? Ask yourself, why would someone have private information about you?
- ✓ Always think critically before doing anything online – and learn to trust your intuition. Be on your guard for phishing attempts – which are efforts to steal information (such as login or account details) by pretending to be someone you know in an email, text, or other forms of online communication.
- ✓ Remember that not everything you read or see online is true.

Personal privacy and security are as important online as they are in the real world. Keeping valuable information safe helps you avoid damaging your devices, reputations and relationships.

Create a Strong Password
- ✓ Make it memorable, but don't use personal information, such as names or birthdays.
- ✓ Use a mix of uppercase letters, lowercase letters, symbols and numbers.
- ✓ R3pl@ce le++ers wit# sYmb0ls & n^mb3rs 1ike Thi$.

Switch It Up
- ✓ Never use the same password on different sites.
- ✓ Create a few different variations of the same password for different accounts.

The Internet amplifies everything: good things seem more exciting, bad things seem much worse and can hurt – a lot. A great rule to live by online, as well as off, is 'treat others as you would like to be treated yourself'. You can have a positive impact on others and stop bullying in its tracks by refusing to join in.

Set an Example
- ✓ Be a force for good. Use the power of the Internet to be nice, not nasty.
- ✓ Stop the spread of harmful or untrue messages by not passing them on to others.
- ✓ Respect others' differences.

Lead the Way
- ✓ Block mean, upsetting or inappropriate behaviour online.
- ✓ Be a Legend. Step in and provide support to those being bullied.
- ✓ Encourage everyone to speak up against, and report,

When you come across something you're not sure about online, you should feel comfortable talking to a trusted adult.

Legendary Behaviour
- ✓ Follow the rules and expectations around technology, and understand that there will be appropriate sanctions for inappropriate use.
- ✓ Keep the dialogue about Internet safety going and ask questions whenever you want.
- ✓ As well as parents, talk to other trusted adults such as teachers, family friends or relatives.

Be an Internet Legend
- ✓ Always ensure you have adult permission before using technology or accessing the Internet.
- ✓ Follow the above guidance to help ensure that you remain safe when online.
- ✓ Understand that monitoring your use of technology and what you do online helps adults to keep you safe.
- ✓ Check the age restrictions of sites and platforms before you use them, and recognise that these exist to keep you safe.

Parents and children are required to sign their homework diary to show that they have read and discussed this together.