## 🔒 What is Online Safety?

Online safety means protecting yourself when using the internet. This includes using phones, tablets, computers, and gaming consoles. It's about knowing how to stay safe, be kind, and make smart choices online.

## ⚠️ Common Online Risks

Here are some things to watch out for:

• 👻 Strangers pretending to be someone else (grooming)

• 💬 Mean messages or bullying (cyberbullying)

• 📸 Being asked to share private or inappropriate pictures

• 🧠 Seeing upsetting or harmful content

• 🕹️ Talking to strangers in games

• 🧨 People trying to get you to believe extreme ideas (radicalisation)

## 🛡️ How BHES Helps You Stay Safe

At BHES, we:

• Use safe websites and learning platforms

• Teach you how to stay safe online

• Make sure staff follow strict rules when teaching online

• Help you if something online makes you feel worried or upset

## 💡 What You Can Do

Here are some smart things you can do to stay safe:

• Don’t talk to strangers online

• Never share your passwords

• Don’t send pictures you wouldn’t want others to see

• Tell an adult if something online makes you feel uncomfortable

• Be kind and respectful to others online

## 📞 Where to Get Help

If you're worried or something has happened online, you can:

• Talk to your teacher or a trusted adult

• Speak to the BHES Safeguarding Lead

• Call Childline on 0800 1111 or visit childline.org.uk

• Report it to CEOP at [www.ceop.police.uk](http://www.ceop.police.uk)