



Stay Safe @ Upton

February 2026

Focus: Online Safety

CONSIDER YOUR ONLINE REPUTATION

Anything you upload, photo, video, email or message could stay online forever. You should only post things online that you would not mind your parents/carers, your teachers or a future employer seeing.

SOME SIMPLE RULES TO MAKE YOUR ONLINE EXPERIENCE MORE PLEASANT AND SAFE

- Block abusive comments or people that abuse you
- Respect others online and think carefully about the comments you post—comments can easily be misinterpreted
- Don't arrange to meet people in real life that you have only talked to online—some people might not be who they say they are
- Check attachments and pop-ups for viruses before you click or download
- Use secure and legal sites to download music and games to avoid the risks associated with streaming content from unauthorised sites
- Be careful with the information you find on the internet. Not everything you read or watch will be 100% accurate, so watch out for being misled.
- Bullying someone online or sending inappropriate pictures could result in someone reporting you to the school or police
- People don't always show what their lives are really like on social media. Photos can be staged, airbrushed or filtered. People only show others what they want others to see. Do not compare yourself with these images.

STAY SAFE ON THE MOVE

Make sure that you activate the safety and privacy setting on your mobile phone otherwise you may share too much information.

NUDES

A nude image can be nude or semi-nude sexual posing. **It is illegal** to send a nude image or video or yourself or someone else **if you are under the age of 18**. If you have sent a nude or semi-nude image, you can contact Childline and they will help you to have it removed from the internet.

GETTING SUPPORT

If you see or experience something you don't like online you could speak to your parents or someone at school. We will listen and support you. We won't judge you. You can report something bad you see online via the [Internet Matters website](#)

PRIVACY MATTERS

Make sure that you set high privacy settings on your social networks like Snapchat and TikTok. Regularly change your passwords and don't share personal information like your phone number, address or school.

WE WILL ALWAYS LISTEN TO YOU AND SUPPORT YOU