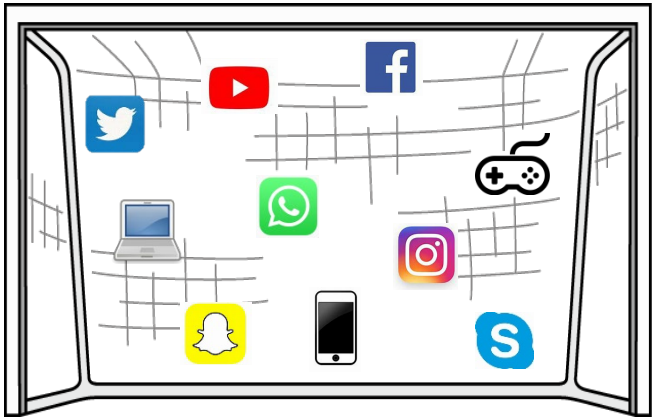


When You Are On The 'Net', Don't Forget…

1. **Keep personal information to yourself**
2. **Not everyone online is who they say they are**
3. **Be nice to people and think carefully about what you say**
4. **Tell an adult you trust if you feel unsafe or uncomfortable about anything you have seen online**



Worried Online?

It's important to stay safe, so please tell:

A Parent / Teacher / Coach / or your Club Welfare Officer

Or speak to: childline T: 0800 1111 W: www.childline.org.uk

For advice, visit: THINK U KNOW W: www.thinkuknow.co.uk



This card has been produced by the Sussex County FA's Safeguarding Team