5 E-Safe Ts

Technology

Use all **technology** including mobile phones, games consoles, tablets & computers safely and respectfully when sharing information with others.

Time

Take **time** to think before posting messages and images that could be hurtful or embarrassing to yourself or others.

Take care

Take care on the internet, some things and people are not what they seem.

Tricky

If things get **tricky** and you become uncomfortable, leave the site and ignore comments or emails.

Tell

Tell someone if you are worried about anything that has happened while you've been online.

Visit www.em-esafetyproject.co.uk