

Wales Police Schools Programme

#SID2022 – Message for School Children by a School Police Officer

Safer Internet Day is here once again and this year ‘**Exploring respect and relationships online**’ is the theme.

The day gives us an opportunity to talk about how we use our technology responsibly, because each and every one of us has a role to play in creating a safer internet.

So, what does it mean to be respectful online?

Just as we need to respect others when we talk to them face to face, it’s important that we are respectful online. We **must** treat others as we would wish to be treated ourselves.

When we’re online, it’s sometimes difficult to understand what people are **really** trying to say to us.

We must all **think** very carefully before posting anything online. Some messages can appear hurtful and **can** upset others.

If you are ever thinking about posting content online, always make sure that you get permission before posting any photos or videos of other people.

Remember, you and others have the right to be treated respectfully online.

If you or anyone you know is upset by anything online, our advice is to always speak to a trusted adult.

A trusted adult is someone you have a good relationship with, who wants the best for you.

You are not alone and there is always help available.

Perhaps from your mum or dad, a carer, family member, teacher or any other adult you respect and trust.

A trusted adult can also be your School Police Officer, or you can contact Childline or Meic Cymru.

Being online can be so much fun but only if we remember to respect ourselves and others.