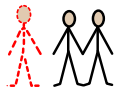# Spring Common's rules for staying safe on the internet

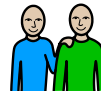- Tell a parent or adult if you are using the internet.

- Do not tell passwords.

- Do not chat to strangers on the internet.

- Do not give personal information.

- Do not send a photo of you, your family or friends.

- Tell an adult if you see anything worrying or upsetting on the internet.

- Do not meet people you do not know from the internet.