



Section A: Understanding Risks

1. Because that information could help a stranger find you in real life, which isn't safe
2. Because they could be lying about who they really are, especially online
3. Say no, and tell a trusted adult straight away
4. Because links can lead to harmful websites or contain viruses, even if they look genuine
5. Because some content isn't appropriate for younger children, so age limits help keep them safe

Section B: Making Good Choices

1. Because a trusted adult can help you and keep you safe, even if you're worried about the consequences
2. Because too much screen time can affect sleep, eyesight, and other activities like exercise or reading
3. A helpful comment supports or encourages someone; an unkind one could upset or embarrass them
4. Because once something is posted, it can be difficult to fully remove and others may see it
5. Private settings limit who can see your information or posts, keeping your account safer