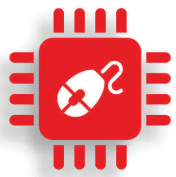


# 5 e-Safe Ts



## 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.

The 5 e-Safe Ts were developed by JISC TechDis in partnership with staff and students on the East Midlands e-Safety project.

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