

Internet trolls come in all shapes and sizes; some like to cause trouble, others like to steal information and some just like to bully and harass. Make sure you're e-safety savvy by following our troll-busting tips.

Here's the lowdown on some of the trolls you might come across:

### TORMENTOR

These cyber bullies have very small brains, so the only enjoyment they get out of life is by bullying others and making their lives a misery.

If you come across a cyber bully then you can:

- Keep a record of their bullying behaviour
- Block them
- Tell a parent, relative or guardian
- Report them to the site, the Police, and CEOP

# MELWARE

These information-guzzling ghouls feed on your personal information and photos. The more they scoff, the bigger they get and so the best way to beat one is to starve it!

You can do this by:

- Setting your social media settings and profile to private
- Only accepting your real friends as online friends
- Not posting or sending personal pictures of yourself
- Being careful about the personal details you put on your profiles



## SPIRUS

These cyber-spies latch onto your files, pictures and programs and spread through your hard drive, stealing bank details and account information. They're fast as lightning and invisible, but they can be beaten!

- Use an anti-virus software
- Be careful what you download and always make sure it is from a a well-known site you trust
- Run regular anti-virus checks on your computer and empty your computers 'cache' of cookies and temporary internet files
- Be careful about the sites you visit and online banking when not using your own computer





## PRETENDOR

These two-faced fraudsters may look innocent and friendly, but they aren't! They may try to befriend you, pay you compliments and offer you gifts, but beware: behind that smiling mask lurks something much darker.

Protect yourself by:

- Not talking to or accepting friend requests from strangers
- Locking down your privacy settings on your profiles and accounts
- Telling people you trust about anyone who contacts you or is worrying you
- Never revealing your location.
   Don't tag yourself at a place when you're out and about, this tells

  Pretendors exactly where you are!

There is loads of practical advice available to help you stay safe online.



#### www.thinkuknow.co.uk

CEOP's website offers a wealth of up-to-date, practical information on how to keep your child safe online, including where to go for further help and advice.

#### www.childnet.com

Includes Know IT All resources on the safe and positive use of the internet.

#### www.saferinternet.org.uk

Offers the latest advice on how to use the internet and new technologies safely and responsibly.

For more help and advice, go to 'safety online' stations at libraries across Portsmouth.

Want to know what else the troll terrors have been up to? Ask for the book Beware of Lurking Trolls in your school or local library. It's a fun story packed full of troll-busting tips!





