



DEER PARK

newsletter

FRIDAY 27TH SEPTEMBER 2024

ISSUE 2

HEADTEACHER'S HELLO!



DEAR PARENTS,

I HOPE THIS MESSAGE FINDS YOU WELL AS WE REACH THE HALFWAY POINT OF THIS HALF TERM.

IT HAS BEEN ANOTHER WONDERFUL TWO WEEKS FILLED WITH ENRICHING EXPERIENCES FOR OUR STUDENTS. FROM A CAPTIVATING DRAMA WORKSHOP TO AN INSPIRING AUTHOR VISIT, AND EVEN SOME IMPRESSIVE SPORTS SUCCESSES, THERE'S BEEN PLENTY TO CELEBRATE.

I'M ALSO DELIGHTED TO SHARE THAT OUR INITIAL OPEN MORNING FOR PROSPECTIVE YEAR 7 STUDENTS WAS A RESOUNDING SUCCESS. IT WAS A PLEASURE TO WITNESS SO MANY OF OUR STUDENTS TOUR PARENTS AND YEAR 6S AROUND THE SCHOOL AND SPEAK TO THEM ABOUT OUR SCHOOL COMMUNITY.

THANK YOU AS EVER FOR YOUR CONTINUED SUPPORT AND PARTNERSHIP - WE REALLY APPRECIATE EVERYTHING YOU DO.

HAVE A RESTFUL WEEKEND,

MR JONES



MEET MR SANDERS

My name is Mr Sanders and I am the new Head of Geography here at Deer Park. I am really enjoying getting to know the students and have loved my first few weeks here.

I am a passionate Geography teacher who brings a love for exploration and adventure into the classroom, I want to inspire students to connect with the world around them. I love teaching the significance of tropical rainforests and their crucial role in the global ecosystem. At the same time, I find it equally rewarding to explore topics like urbanisation and the far-reaching effects of migration with our students.

I enjoy travelling, experiencing new cultures and hidden gems different countries have to offer. My top recommendations would be New Zealand and Cambodia! Skiing is another passion of mine, and I'll take any chance to get into the mountains; you can't beat a blue sky day with fresh powder.

YEAR 7

I am very pleased to say that the Year 7s have made an excellent start to life at Deer Park and have received praise from several members of staff across several departments. Our Head of Drama recently told me that every single student has got up and performed in front of the class! I have also been delighted to see their commitment to extracurricular activities.

As you can appreciate, I am extremely proud of the students and am very keen for this positive first impression to continue. I welcome your support with this.

During the most recent assembly we talked about Young Carers - who are they and what can we do in school to support them. The students have been given a form to complete if they feel they meet the criteria. We also talked about the empathy and understanding that we need to show towards students who might be Young Carers. Please can you discuss this with your child when you get the chance.

Best regards,

Mr Parnell

YEAR 8

Team 2028 continue to smash their start to Year 8! Over the past fortnight I have been in and out of lessons, and the quality of work being produced is consistently to a high standard. It has been lovely to see students taking pride in their learning, and asking lots of questions along the way!

In assembly we launched an opportunity for students to take part in the 'Bronze Arts Award' which, if completed successfully, will earn them a level one qualification. I would love to see lots of the cohort taking part, and showing off their amazing skills. If your child is interested, please get them to sign up on Edulink.

Keep up the hard work Year 8!

Kind wishes,

Mrs Wilson

YEAR 9

I challenged Year 9 to make a positive start to this year, and they have more than delivered. It has been great to see the cohort throw themselves into their GCSE courses with a determination to set off on the right foot. I have particularly enjoyed coming into the option subjects, and seeing the students so engaged in new topics. A particular shout out must go to our latest set of GCSE Artists - I was absolutely blown away by your talents in Miss Halkett's lessons last week!

Great start Year 9 - keep it up.
Mr Gregory

YEAR 10

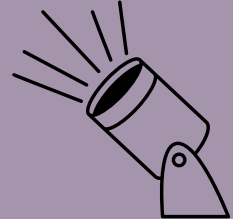
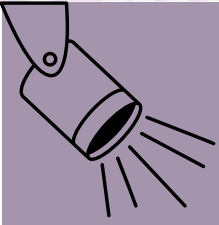
Year 10 have hit the ground running, and continue to settle in well to a new school year. In our first assembly we talked about the importance of community and supporting each other in and out of school. Following the assembly, I've had some lovely comments from other staff members about Year 10 supporting the new cohort in their first weeks at Deer Park, so well done Year 10!

Outside of the classroom, we had our first sporting successes with the boys winning their first football league game of the season, thanks to a late strike. Elsewhere, the girls' netball team returned with medals following a 3rd place finish in a local tournament. This adds to the success both teams achieved in previous years and continues to put the Year 10 Deer Park sporting teams on the map, locally. Well done to all involved!

Best wishes,

Mr. Smith





SUBJECT SPOTLIGHT: RE

The aim of RE is to support students in developing their own coherent patterns of values and principles as well as to support their social, moral, spiritual and cultural development. As a department we want to create a learning environment that engages, stimulates and challenges students.

In RE at Deer Park we follow the Living Difference agreed syllabus and explore different religions, inquiring into key concepts of the religions that show beliefs, practises and experiences. We then contextualise these concepts within religions and evaluate. We require that students come to reasoned responses to develop their own arguments, and views on the issues studied. Intrinsic to teaching and learning in RE is to enable students to see that the world and the people within it have many differing views and practises; it is our role to allow pupils to enquire into these ideas and facilitate their learning.

YEAR 7 - JUDAISM

This unit introduces students to the oldest Abrahamic religion and allows students an opportunity to discover -

- What do Jewish people believe about God?
- What qualities does he have and how does this affect the way a Jew lives their life?
- What is the covenant and why is it so important to Jews?
- What is the Torah and how does it influence Jews today?

YEAR 8 - HINDUISM

Hinduism is the world's oldest religion with about 1.1 billion members. This unit covers the most important Hindu beliefs including -

- What do Hindus believe about Brahman?
- What is Samsara and Karma?
- How do Hindus worship?



YEAR 9 - CHRISTIAN BELIEFS

The Year 9 GCSE RE class have made a fantastic start to the course. I am so proud of each and every one of them! They have begun by studying a unit called Christian Beliefs. This includes key themes such as -

- What do Christians believe about the nature of God?
- Different Christian beliefs about creation
- Different Christian beliefs about the afterlife
- The birth, death, resurrection & ascension of Jesus
- The means of salvation

Christianity is one of the diverse religious traditions and beliefs in Great Britain today

YEAR 10 - ISLAM BELIEFS

The Year 10 GCSE RE class have continued to work superbly in their GCSE, I am so proud of each and every one of them! They have begun Year 10 by studying a unit called Islam Beliefs. This includes key themes such as -

- How did Islam begin?
- What do Muslims believe about the nature of God?
- The six articles of faith and the five roots of Usul - ad - Din
- Angels and their nature and roles
- Prophets, predestination and human freedom
- Beliefs about the afterlife



COLLEGE/APPRENTICESHIP PROVIDER OPEN EVENTS - YEAR 10

Please see an outline below of local colleges and Apprenticeship providers, their open evenings dates and their application deadlines. Please refer to individual provider websites for details of how to book your attendance and check the events are still taking place on the advertised dates.

ORGANISATION	OPEN EVENT DATES*	APPLICATION DEADLINE
Barton Peveril 6th Form College www.barton-peveril.ac.uk	25th September 2024 26th September 2024	Deadline - 14th February 2025 (applications open 16th September)
Bitterne Park 6th Form College www.bitterneparkschool.org.uk	9th October 2024	No fixed deadline (advised to apply early)
CEMAST & CETC (Lee-on-the-Solent) (South Hampshire College Group) www.fareham.ac.uk/cemast	13 November 2024 3 February 2025	No fixed deadline (advised to apply early)
Eastleigh College (South Hampshire College Group) www.eastleigh.ac.uk	23rd October 2024 19th November 2024 26th March 2025 21st June 2025	No fixed deadline (advised to apply early)
Fareham College (South Hampshire College Group) www.fareham.ac.uk	15th October 2024 21st November 2024 19th March 2025 28th June 2025	No fixed deadline (advised to apply early)
Itchen 6th Form College www.itchen.ac.uk	17th October 2024 19th October 2024 30th April 2025	No fixed deadline (advised to apply early)
Peter Symonds 6th Form College www.psc.ac.uk	1st & 2nd October 2024	Deadline - 9th December 2024 (applications open 16th September)
Richard Taunton 6th Form College www.tauntons.ac.uk	19th September 2024 13th November 2024 11th June 2025	No fixed deadline (advised to apply early)
Southampton City College (South Hampshire College Group) www.southampton-city.ac.uk	10th October 2024 12th November 2024 20th March 2025 14th June 2025	No fixed deadline (advised to apply early)
Sparsholt College www.sparsholt.ac.uk	5th October 2024 9th November 2024	No fixed deadline (advised to apply early)
St Anne's 6th Form College www.stannes6th.uk	10th October 2024	Deadline - January 2025
UTC Portsmouth www.utcportsmouth.org	2nd October 2024 9th November 2024	Deadline - December 2024
SETA Engineering Apprenticeship www.setatraining.co.uk	19th October 2024 (Workshops) 11th February 2025 (Fair)	Click here for current vacancies
PETA Apprenticeships www.peta.co.uk	-	Click here for current vacancies
Paragon Skills Apprenticeships www.paragonskills.co.uk	-	Click here for current vacancies
Steve Willis Training Apprenticeships www.stevewillis.com	-	Click here for current vacancies
Apprenticeships www.apprenticeships.gov.uk	-	Click here for current vacancies



Barton Peveril
Sixth Form College



SPARSHOLT
COLLEGE HAMPSHIRE



FAIRTHORNE MANOR - YEAR 7

As you can see, the students had a great time at Fairthorne Manor this week! The weather was extremely kind to us on both days and the students made some wonderful memories. All students took part in three activities throughout the day ranging from archery to axe-throwing! I was very impressed with their positive attitude and am confident that some new friendships were formed. A big thank you as well to the staff who accompanied us and got fully 'stuck in'. As we have said to the students, the next time they see these photos they will be in Year 11!

Thanks again for your support and a special thank you to Mr Hastings for making it happen.



BLETCHLEY TRIP FOR YEAR 8 STUDENTS

It's that time of year again, where we visit the home of British codebreaking and the birthplace of modern Information Technology.

We are very excited to be running this trip for the third year in a row and as an added bonus, we have managed to secure the trip at its cheapest ever price per student! It includes a guided tour of the park and free time to explore too.

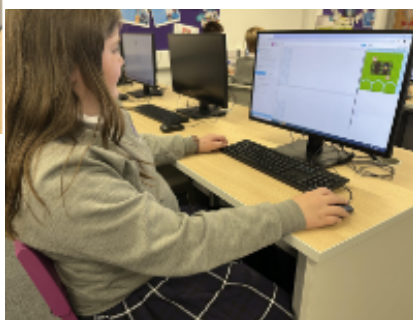
This is a very popular trip so please ensure payment is made by Tuesday 1st October.

For more information please speak to Mrs Yale or Mrs Wilson.



ICT/CODING CLUB

ICT/Coding Club has gotten off to a fantastic start, with students of all ages working together on a variety of computing projects. We've had some completing Farmbot challenges, creating fantastic pixel art, and they've even started to programme our robots. A great start to the year, and we can't wait to see what ICT/Coding Club has in store in the future!



UNSUNG HEROS

learning mentors

BY KEZIA SWAIN

COME SING FOR THEM!



When we think of education, we think of teachers. However behind every successful classroom is a unsung hero. Today, 27th of September is National Teaching Assistant day, so it is vital you take a small part of your day to appreciate the profound people who assist in classrooms day to day. I have had the pleasure of speaking to some learning mentors here at Deer park, who are proficient at empowering and navigating students towards success in the classroom environment which otherwise may be difficult for some to manage. I asked two learning mentors, Miss Smith and Mr Smith, about what its like to have this job which was incredibly insightful. ***What do they do in lessons?*** Mr Smith stated they prioritise SEN students ensuring they understand their strengths and needs in order to encourage them to think on their own. ***What skills do they need?*** They both noted they need a lot of empathy and patience to make the students feel comfortable and supported. In addition, an open mind to connect with how students are feeling with a touch

'BUILDING RELATIONSHIPS WITH AMAZING PEOPLE'

of humour to provoke a positive atmosphere. ***What is their favourite part about this job?*** Miss Smith replied that building relationships with students is massively meaningful and special while for Mr Smith the school community is unmatched. Being a new, emerging school with a smaller population, it creates a friendly environment where everyone has a sense of belonging and there is magnitude of team spirit. This is wholly supported by the unknown, unrealised efforts of our learning mentors here at Deer Park School. A heartfelt thank you from all of us.

Until next time- Kez



YOUNG CARERS

At Deer Park we have a wonderful Young Carers group who meet regularly for hot chocolate catch-up sessions. This is a great opportunity to meet other Young Carers at school and receive subtle and discreet support. If you believe your child is a young carer please visit the school's young carers [webpage](#) and complete the brief parent identification form or contact Mrs Brenton.

WHAT IS A YOUNG CARER?

A young carer is someone aged 18 or under who gives extra help to someone (or some people) in their household because of a condition.

Things a young carer might do to give extra help:

Lots of different things, every young carer's role can be different!

- Adapt their behaviour to try not to trigger the person, or people, they help into a meltdown
- Give personal care (like brushing the hair of the person they help, or washing them)
- Help the person they support to communicate with others
- Calm someone down to avoid a meltdown
- Give reminders for important appointments
- Do extra chores around the house
- Learn about the condition they care for
- Help the person, or people, to get out and about

SUPPORT FOR YOUNG CARERS

If you think that you, or someone you know is a young carer and needs help, speak to a trusted adult.

There is support out there and it can get easier.

Here's some useful websites for young carers:

- The Carers Trust- <https://carers.org/about-caring/about-young-carers#faq-19>
- Young Minds- youngminds.org.uk/young-person/coping-with-life/young-carers/

Your local young carers support group is Eastleigh Young Carers. They can help you to get some regular breaks from caring and give you strategies for coping. You can also meet other young carers.

For information on how to join or more about what they do, ask a trusted teacher, or contact them directly with the details at the bottom of this poster.

One Community Eastleigh, Registered Office:
12 Romsey Road, Eastleigh, SO50 9AL
Registered Charity No: 1052978

The Eastleigh Young Carers Project:
Email- eastleighyc@1community.org.uk
Phone: 02380 902400

PHYSICAL EDUCATION & SPORT UPDATE

KS3 LEARNING

Please help remind students to keep additional base layers in their PE bags for cooler days. As we enter October the temperature for 9am lessons can drop, and we encourage our students to stay warm for an enjoyable PE learning environment. All our students alternate their outdoor and indoor week to ensure a broad balance of learning activities occurs. Our year 7s are focusing on their technique in sporting movements via their fundamental movements topic, whilst year 8 continue to explore the key focus of attacking in rugby and technique in badminton.

CLUBS

It has been a fabulous start to sports clubs this term with over 150 students in week 1 taking part in extracurricular activities. Please see a sample of pictures below



Girls Football - Monday 3-4pm



Rugby Monday 3-4pm

RESULTS

U16 Netball

Third place at Southampton schools league event round 1

Year 10 Football - top of division 1!

DP 1 St George 0

DP 1 Bitterne Park 1

NASAL FLU IMMUNISATION - TUESDAY 22ND OCTOBER 2024

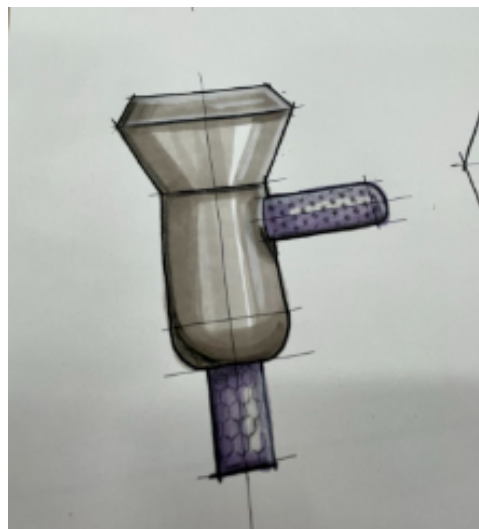
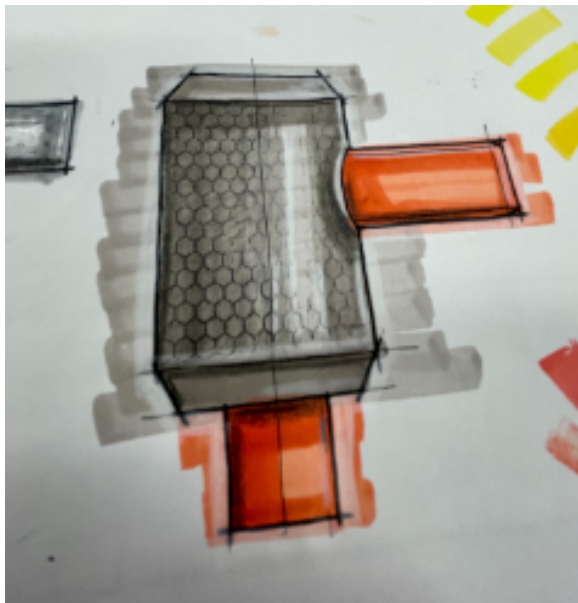
You will have received an email asking you to give you consent to the Nasal Flu Immunisation. This will take place at school on Tuesday 22nd October and is offered to all students. There are no needles, just a quick spray of the vaccine up the nose, offering protection from seasonal flu.

Even if you do not wish your child to have the vaccine, please complete the form to indicate this as it will save a lot of time on the day.

If you have any questions, please email firstaid@deerparksecondary.org and we'll do our best to help you.

YEAR 9 AND 10 DESIGN AND TECHNOLOGY

Exciting times are coming for our KS4 Design and technology students. The School has invested in some gorgeous equipment and kit to elevate the quality of our students' design ideas and drawings. Be sure to discuss this with your child at home and see how they get on with this style of drawing over the next few weeks!




PHYSICAL EDUCATION & SPORT UPDATE




Sports Clubs – now live on edulink 08.45
w/c Monday 9th September

Monday	Girls Football - Mr Hughes - Astro Rugby - Miss Andrews & Mr Colley - Grass Badminton - Mr McNulty
Tuesday	Staff Meetings Break 1 - Year 7 Get Active - Sports Hall
Wednesday	Boys Football - PE Dept - Astro Break 1 - Year 8 Get Active - Sports Hall
Thursday	Netball - Miss Andrews/ Mr Colley / Miss White Break 1 - Year 9 Get Active - Sports Hall
Friday 12th	Break 1 - Year 10 Get Active - Sports Hall

Extra Curricular TIME TABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK 1	<ul style="list-style-type: none"> Poetry (004) 	<ul style="list-style-type: none"> Get Active (SH) Year 7 Maths Drop-in (117 & 118) Drama Club (KS3) Gardening Club (Meet by Bike Sheds) 	<ul style="list-style-type: none"> Get Active (SH) Year 8 Dominoes Club (TBC) KS4 intervention (Maths/Science) (117) 	<ul style="list-style-type: none"> Get Active (SH) Year 9 	<ul style="list-style-type: none"> Get Active (SH) Year 10 Puzzle club (118) ICT Drop in (102)
BREAK 2	<ul style="list-style-type: none"> Global Affairs Club (108) Mindfulness Club 	<ul style="list-style-type: none"> GCSE Dance Rehearsals (Dance Studio) IT and Coding Club (102) Chess club (114) 	<ul style="list-style-type: none"> Debate Club (year 9/10) (003) 	<ul style="list-style-type: none"> ICT Drop in (102) Guitar ensemble (010 - invite only) 	
AFTER SCHOOL	<ul style="list-style-type: none"> Badminton Girls Football (Astro) Rugby (Grass Pitches) Bronze Arts Award Year 8's (Dance Studio) Flower Arranging - For Students and Staff Self study club (LRC) 	<ul style="list-style-type: none"> Outlet Basketball Club External booking (paid sessions) Self study club (LRC) Staff Meetings 	<ul style="list-style-type: none"> Boys Football (Astro) STEM Club (211) Dance Live (Main Hall) Art Club (203) Book Club (002) History Film Club (109) WEEK A only Self study club (LRC) 	<ul style="list-style-type: none"> Netball (Courts) Dance Company (Dance Studio) Mathletes (118) School Zine (003) Self study club (LRC) Staff Meetings 	<ul style="list-style-type: none"> Self study club (LRC)

UPCOMING DATES



Date	Activity	Year Group
Wednesday 2nd October	Police Workshops	Year 9
Thursday 3rd October	Open Evening 17.30-19.30	Prospective parents
Friday 4th October	Late Start - all students in school at 9.50am	All years
Tuesday 8th October	Cipher Day	Year 8
Thursday 10th October	Open Morning 9.45-11.00	Prospective parents
Friday 11th October	CPD Day - no students in school	All years

TERM DATES FOR THIS ACADEMIC YEAR CAN BE FOUND [HERE](#)



POLITE REMINDER: ALL MEAL DEALS ARE £3.20 AND SERVED AT BREAK 2. THE DAILY LIMIT TO SPEND IS £7.50 UNLESS YOU HAVE ASKED US TO CAP THIS. HOT FOOD IS ALSO AVAILABLE AT BREAK 1. IF YOU RECEIVE THE FSM ALLOWANCE OF £3.20, THIS DOES NOT GET RESET FROM BREAK 1 AND IS TO BE USED ACROSS THE DAY. IF YOUR CHILD DOES FALL INTO A NEGATIVE BALANCE A RED SLIP WILL BE ISSUED AT THE OFFICE AND A PHONE CALL HOME WILL BE MADE TO ASK TO TOP UP THE ACCOUNT. WE CAN NO LONGER ALLOW PURCHASES ON OVERDRAWN ACCOUNTS. MANY THANKS.

CAR PARK

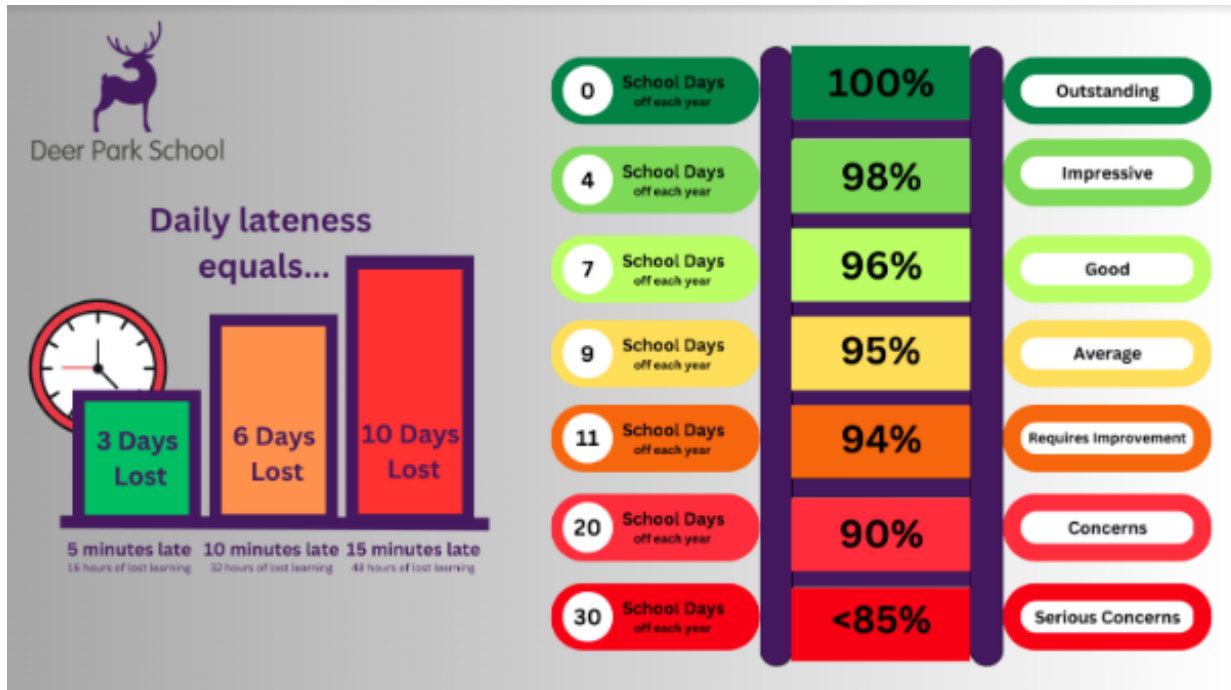
For the safety and security of all students and staff, please be reminded that the school car park is reserved exclusively for those who hold a valid car park pass or a Blue Badge . We kindly request that you do not use the car park for general drop-offs or collections (Unless you are collecting your child during the day for an appointment).

To ensure a smooth and safe drop-off and pick-up process, please utilize the designated drop-off points available on Sika Avenue.

Thank you for your cooperation and understanding in helping us maintain a secure environment for everyone.

ABSENCES

Please, where possible, could you contact us before 8.30am if your child is unable to attend school. Absences can be recorded via the Insight App or by e-mailing absence@deeparksecondary.org. Alternatively please call the school on 01489 351100 and select option 1 to report your child absent.



HOLIDAY FORMS

If you need to request an authorised absence from school, for example for holidays, attending family funerals, etc Parents will now need to complete an online google form. This should make it easier for parents to complete. The link for the form is [here](#).

Lost Property

All lost property is kept in the Library (LRC). If your child(ren) has lost anything, please ask them to collect anything that belongs to them. Items will be kept for 3 weeks and then donated.

Thank you.





Lets get moving this Walktober!

Get moving for our wellbeing, our community and our planet

Travelling actively and sustainably can help make a change for our wellbeing, our community and our planet.

As we head into autumn, it's important that we all keep active and where possible, get outdoors. To encourage this, the My Journey Team at Hampshire County Council is inviting schools to celebrate International Walk to School Month by taking part in Walktober.

This event is designed to inspire pupils, families and staff to travel actively and sustainably throughout October by walking, wheeling, cycling, scooting, using Park and Stride or public transport. The competitions include challenges suitable for everyone to take part in, plus if you're a STARS school, you can use this as evidence towards your accreditation.

To sign up for Walktober 2024 visit:
myjourneyhampshire.com/walktober

By registering to take part you will receive all the resources needed to promote the event and enter the competitions.

Closing date for registration is **Friday 27th September 2024.**

Competitions for schools and pupils, with fantastic prizes to be won!



For the latest active travel news, like and follow

f @myjourneyhants @myjourneyhampshire X @MyJourneyHants

myjourneyhampshire.com/walktober



HAMBLE AQUATICS SWIM TEAM ARE LOOKING FOR NEW SWIMMERS TO JOIN OUR COMPETITIVE SWIM TEAM. WE ARE A FAMILY ORIENTATED SMALL SQUAD BUT CERTAINLY HOLD OUR OWN AGAINST THE BIG CLUBS AT COMPETITIONS. IF YOU HAVE COMPLETED STAGE 7 SWIM SCHOOL, HAVE THE BASICS OF THE FOUR STROKES AND ARE 9 OR OVER THEN PLEASE GET IN CONTACT.

PLEASE EMAIL HEADCOACH@HAMBLEAQUATICS.CO.UK TO ARRANGE A FREE TRIAL SWIM, THIS IS TO SEE WHETHER YOU ENJOY THE SWIMMING AND FEEL COMFORTABLE.

OUR WEBSITE IS [HTTPS://HAMBLEAQUATICS.CO.UK/](https://hambleaquatics.co.uk/) AND WE HAVE A PUBLIC FACEBOOK GROUP CALLED HAMBLE AQUATICS SWIM TEAM

IF YOU CAN ADD THE ABOVE THEN WE WOULD BE REALLY GRATEFUL, SWIMMING IS FANTASTIC FOR HEALTH AND FITNESS BUT ALSO GREAT FOR SOCIAL INCLUSION AND BEING PART OF A SUPPORTIVE TEAM.

IF YOU HAVE ANY QUESTIONS THEN PLEASE DROP ME AN EMAIL BACK.

KIND REGARDS

BEN VANES

HAMBLE AQUATICS SWIM TEAM
BENJI - HAST WELFARE OFFICER



PARENTS AND CARERS
ONLINE WORKSHOP
DELIVERED BY THE ANTI-
BULLYING ALLIANCE. WE
ENCOURAGE AS MANY
OF YOU AS POSSIBLE TO
SIGN UP USING THIS
LINK



We're teaming up with Wild Hive Collective CIC to open our doors for another Sustainability Hub: Big Green Ideas Day.

Join us as we connect and inspire our community to take small but mighty environmental actions together.

Saturday 28 September 2024
10am - 3pm
at The Point, Eastleigh

Crop and seed swap
- share your surplus
harvests or stock up

Seed saving activity - to help
you get growing at home

Give and Take Exchange -
for clothes, toys and accessories

Marketplace of Change Stalls

Creative Imaginings &
Sustainable Crafts



Featuring
Grow

by The Suitcase
Storytelling Company
at 11am, 12.30pm & 2pm in the
Studio Theatre

Tickets: Pay What You Can
Open Concession: £5
Standard: £10
Pay It Forward: £20

Calling all budding gardeners! Grow
is a joyful show that celebrates nature
and all things that grow. Filled with
amusing antics and playful humour, this
show is sure to bring a smile to your face.

thepointeastleigh.co.uk/sustainabilityhub • 023 8065 2333



STAY SAFE ONLINE!



MAKE UP A USERNAME.
DON'T USE YOUR REAL NAME.

THINK
carefully before you say something online or post or send an image.

Everything can be SHARED

Don't be scared to unfriend or block people who upset you. Report people if necessary.



Question everything you read online.

There's a lot of fake stuff out there!

If you think someone knows your password:
CHANGE IT!

WATCH OUT FOR PEOPLE PRETENDING TO BE SOMEONE THEY'RE NOT

Try to only have online **friends** who are your **REAL friends.**

If you see something online that **UPSETS** you or makes you feel **UNCOMFORTABLE:**
TELL AN ADULT YOU TRUST

PEOPLE YOU MEET ONLINE ARE STRANGERS. DON'T ARRANGE TO MEET THEM IN REAL LIFE.

Don't share your passwords, even with friends.

STAY PRIVATE ON SOCIAL MEDIA

- Use Ghost Mode on Snapchat.
- Use private settings on Instagram.
- Only share Facebook posts with friends.

BE CAREFUL & KIND ONLINE!

Don't say anything online that you wouldn't say in real life. Before you post, think whether you would be happy for your family to see it.

MAKE YOUR PASSWORDS HARD TO GUESS. DON'T USE YOUR NAME. MIX THINGS UP WITH CAPITAL LETTERS, NUMBERS, QUESTION MARKS AND EXCLAMATION MARKS.

@%\$&*\$£!+=?