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**STRATEGIC PARTNERSHIP BETWEEN SCHOOLS  
KA2 ACTION, ERASMUS+ PROGRAM  
THE VIRTUAL UNIVERSE WE WANT  
PROJECT NO: 2016-1-RO01-KA219-024515**

**LATVIA**

**GUIDE  
FOR PARENTS**



*In the photo above you can see our school – Rīgas 31. vidusskola*

*This brochure will help you learn some tips about how to be safe on the internet. Brochure will include tips for: Teachers, Students and Parents.*

*Enjoy your stay in Riga, Latvia!*



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**Rigas 31 Secondary School**



**The Virtual Universe We Want**

## Parents

- Control your child's social media posts
- Set parental controls
- Ask your child what they post on social media



- Talk about internet abuse with your child
- Check your child's messages time by time

## INTERNET SAFETY

# S

### Stay Safe

- Keep your personal information and passwords private
- Never use your real name as your username
- Do not give out your personal information to people or companies you do not know



# M

### Don't Meet Up

- Never meet with an online friend, even if you think you know them well
- Online friends are still strangers and may not be who they say they are



# A

### Accepting Files

- Do not open e-mails from people you do not know
- Emails and attachments can contain viruses or unpleasant images



# R

### Reliable?

- Not all information online is reliable, always check that information is correct before using it
- False identities are used a lot in chat rooms, try to limit to real friends



# T

### Tell Someone

- Tell an adult if anything online makes you feel uncomfortable
- Log off if you feel uncomfortable or suspicious of anything
- Most chat rooms and social media have alert buttons to report bullying or inappropriate behaviour



# CYBER SAFETY



**GUIDE  
FOR STUDENTS**



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## **Rigas 31 Secondary School**



## **The Virtual Universe We Want**

## Students

- Do not share your passwords with strangers
- Don't meet any random strangers you encounter
- Do not store details of your private life on the internet



- Do not use bad language
- Don't respond to random people

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**GUIDE  
FOR TEACHERS**





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## Teachers

- Talk with your students about internet safety periodically
- Ask your students what do they post on social media
- Be aware of what students do on their free time!



- Do not let students abuse their classmates on the internet

Be aware of what students do on their free time!

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