The 5 e-Safe Ts promise

JISC TechDis
Inclusion technology advice

Technology

I will use all **technology** including mobile phones, games consoles, tablets and computers safely and respectfully when sharing information with others.

Time

I will take **time** to think before posting messages and images that could be hurtful or embarrassing to myself or others.

Take care

I will **take care** on the internet as I understand that some things and people are not what they seem.

Tricky

If things get **tricky** and I become uncomfortable, I will leave the site and ignore comments or emails.

Tell

I will **tell** someone if I am worried about anything that has happened while I have been online.

I promise to follow the 5 e-Safe Ts to help me stay safe online.

The 5 e-Safe Ts were developed by JISC TechDis in partnership with staff and students on the East Midlands e-Safety project. http://www.em-esafetyproject.co.uk/

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