



Our ideas about using the internet safely

Easy-to-read text

'Easy-to-read' is information that is written in a simple and clear way so that all people can understand it. You can find more information about easy-to-read at www.inclusion-europe.eu/easy-to-read.



Who we are

We are 'COFACE Families Europe'.
We are an organisation that works
for the rights of all families in Europe
since 1958.
In short, we are called 'COFACE'.



At COFACE,
we want to make sure
that all families can enjoy
a good, healthy and safe life.



What this booklet is about

We wrote this booklet
to present 10 ideas
about how families
can use the internet
in a good and safe way.



Using the internet safely

Today most of us use the internet in our everyday lives.

Amongst other reasons, we may use the internet to:

- Look for information,
- Talk to each other,
- Book appointments,
- Buy things online,
- Watch movies,
- Listen to music.



At COFACE, we believe that the internet should be easy and safe for everyone to use without risks.

In the following pages, you will read our 10 ideas about a safe internet for everyone.



1. All families should have the chance to use the internet

At COFACE,
we believe that no family
should be left out.
The internet should be accessible
and should fit the needs of all people.
This way people with disabilities,
older people and children
can use the internet easily
like everyone else.



2. Families should be free to decide if they want to use the internet

Families should not be pressed
to use the internet
if they do not want to,
just because other people around them do.
Things and services
should also be available to families
who prefer to stay off the internet.



3. Families should have the chance to learn how to use the internet safely

For example, families should have the chance to learn how to protect their personal information when they use the internet. Or how to buy things and pay bills online in a safe way.



4. Parents should help their children to use the internet safely

Parents are responsible for how their children use the internet. They should help their children to use the internet in a safe way. They should also protect their children from getting addicted to the internet.



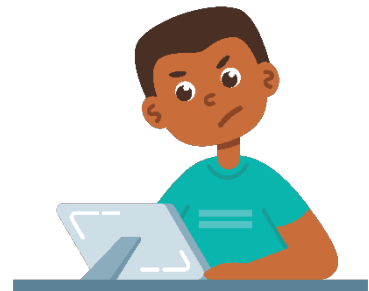
5. People's rights should be respected online

People have the right to express themselves freely, but they do not have the right to insult or attack other people.

Online, things can be worse because people can more easily hide their real identity and speak badly of other people.

The rights of all people should be respected online too.

Nobody should talk badly or attack other people online, as they do not have the right to do this in real life either.



6. People's personal information should not be used without their permission

The different sites we use online collect information about us. For example, they may keep our email address, phone number, and what things interest us. The sites should not collect this information without our permission.



We should always know what information sites collect about us and how they plan to use it. This way we can say if we agree or not.

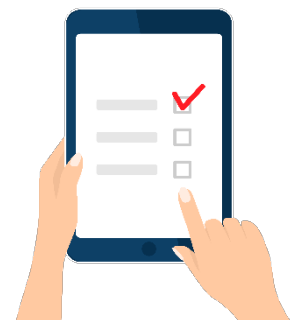
7. Online payments should be safe

People use more and more the internet to buy things online. Sadly, thieves may try to steal other people's credit card information and steal money from them. Companies should make sure that people's information is safe when they buy things online.



8. People should be able to choose how they use the internet

We should all have control over what we read or see online. We should also have control over who sees what we share online.



9. People should have the right to disconnect

Using the internet
and being behind a screen
all the time
are not good for our health.
Being always online
and having access
to so much information
can be stressful and tiring.



To keep our bodies and minds healthy,
it is important to take a break from the
internet sometimes
and do other activities.



10. People should have a say about the future of the internet

Most of us use the internet
in our everyday lives.
So we should have a say about
how we want the internet
to be in the future
to fit our wishes and needs.



More information

If you want to know more about the work we do at COFACE or if you have a question, you can send us an email at secretariat@coface-eu.org.

