

SMART

Rules for

E-safety

Using the internet and
mobile phones

- **S**afe
- **M**eeting
- **A**ccepting
- **R**eliable
- **T**ell

Be SMART!



Keep safe and don't give out personal information to people you chat with online. Be careful not to post too much information online where others can see it.

Things to keep safe include:

- Your full name
- Passwords
- Phone number
- Home address
- Photos
- E-mail addresses
- Name of your school

Be SMART!



Meeting someone you have only talked to on the internet can be dangerous, so it's not a good idea. Remember, online friends are still stranger even if you have been talking to them for a long time.

Be SMART!

ACCEPTING

Accepting e-mails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems. They may contain viruses or nasty messages.

Be SMART!



RELIABLE

Sometimes information and people on the internet are not reliable.

Information on the internet might be wrong. Always look at more than one website to check your information.

People on the internet can lie about who they are. If you like chatting online it's best to only chat to your real world friends and family.

Be SMART!



Some information isn't for kids on the internet. Tell your parent, carer, trusted adult or Childline on 0800 1111, if something happens online that makes you feel uncomfortable or worried. If you are worried about a friend you can tell an adult about that too.

Useful websites:

www.kidsmart.org.uk

www.thinkuknow.co.uk

www.childnet.com