

Be smart on the internet



Remember these **5 SMART RULES** when using the internet and mobile phones. Turn over to read why these are important.

S SAFE

Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.



M MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.



A ACCEPTING

Accepting emails, 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!



R RELIABLE

Information you find on the internet may not be true, or someone online may be lying about who they are.



T TELL

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.



STUFF FOR SCHOOL

Childnet has produced a range of resources for both primary and secondary schools as well as parents and teachers.

To order these visit: www.childnet.com or telephone Childnet on 020 7639 6967.

Find out why you need to be smart when you are playing games, listening to music, creating websites, discovering new information, downloading files, texting, or chatting to other people online or on your mobile phone...



S safe ...why?

Keep your personal information **SAFE** online because you can't be sure where it will end up, what it will be used for, or who may contact you. Remember that once you send something to another phone or to the internet it can easily be copied or changed and it could stay online forever.

See the CBBC's safe surfing cartoon at www.bbc.co.uk/cbbc/help/safesurfing



M meeting ...why?

Never feel pressurised to **MEET** up with online friends. Some people may not be who they say they are if you have never met them in real life. It can be difficult to remember that someone is a stranger if you have been chatting to them for ages, and they feel like a good friend. If you feel that you 'have to' meet then you must take your parent or carer with you and meet in a public place, during the day.

Read real life stories about how some people have been hurt meeting up with online friends after chatting online at www.chatdanger.com



A accepting ...why?

If you open, download or **ACCEPT** files or emails from people you don't know you might be putting your computer or yourself at risk. Always delete emails or messages from people you don't know, make sure you block senders who send you junk mail (spam) or nasty messages and install anti-virus software on your computer.

Check out how to keep your computer secure on Childnet's Sorted website: www.childnet.com/sorted



R reliable ...why?

Not all websites or people are **RELIABLE** because anybody can write anything they want to online. Always compare the information you find online with other websites, books or people who know to make sure it is true. Learn how to block others so you can stop chatting to people you think are lying to you.

Use the www.quick.org.uk website as a guide to whether or not a website is reliable.



T tell ...why?

Sometimes people say or do things online that are not true or pretend to be someone they're not, and lots of nasty websites are easy to access accidentally. If any of these things worry you it is never too late to **TELL** an adult you trust so they can help. You can talk to your parent, carer, teacher, Childline (0800 11 11), or the police*.

*If you think you are chatting to an adult and it makes you feel uncomfortable you can report your conversations to the police at: www.thinkuknow.co.uk



Kid Smart



www.kidsmart.org.uk

Visit Childnet's **Kidsmart** website to play interactive games and test your online safety knowledge.

You can also share your favourite websites and online safety tips by **Joining Hands** with people all around the world.

