

# How to stay safe on the Internet

## TELL SOMEONE - SPEAK UP

Make sure an adult knows when you are using the Internet, or social media.  
Check with an adult before opening an e-mail or attachment from a stranger.  
Tell an adult immediately if you see anything you are unhappy with or do not like.  
If you are bullied online tell an adult straight away

Only contact people you know, or your parents/ teacher have approved.  
Don't talk to a stranger or arrange to meet someone. Tell an adult straight away.  
Make sure you have your privacy settings set right!  
Block users you don't want or are rude - you are in control

## BE IN CONTROL

Use good English when sending Emails; including (spelling, punctuation).  
Be cautious of the tone and informal language in chats.  
Don't send messages that are typed in capital letters - this is like SHOUTING!  
Send messages that will be polite and sensible.  
Be respectful no matter what anyone else may write

## BE RESPECTFUL

## BE SAFE

Never share an address, phone number, age, name or school.  
Never click on an advert on a web page - avoiding pop-ups that appear on the computer to tempt you!  
Do not post pictures of your self or your family unless you are sure you are in a private place - they stay on the internet



**S**  
**Stay Safe**  
Don't give out your personal information to people / places you don't know.

**M**  
**Don't Meet Up**  
Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.

**A**  
**Accepting Files**  
Accepting emails, files, pictures or texts from people you don't know can cause problems.

**R**  
**Reliable?**  
Check information before you believe it. Is the person or website telling the truth?

**T**  
**Tell Someone**  
Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

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Think!



STAY SAFE!

Use only my own network Login and password, which is secret  
Never leave a computer logged in or your password details in public

## BE SECURE

.Think before you type down your message.