

BE SMART ONLINE



REMEMBER THE **SMART RULES** WHEN GOING ONLINE, PLAYING GAMES OR USING APPS.

S SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk



THINK
UK
KNOW
co.uk

A ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T TELL

If you are getting cyberbullied always tell a trusted adult.

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk



BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



DO YOU KNOW
HOW TO BE
SAFE
ONLINE?

Take our quiz and find out how SMART you are online when playing games, discovering new information, texting or chatting to other people online.



WWW.CHILDNET.COM/QUIZ

S SAFE

Watch previous Childnet Film Comp entries at www.childnet.com/primary to learn more about how to keep safe online.

Always keep your personal information safe!



M MEET

Visit www.thinkuknow.co.uk for lots of fun and interesting top tips, games and videos about staying safe online and information on how to make a report.

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A ACCEPTING

Watch Captain Kara and the Smart Crew at www.childnet.com/captain-kara-accepting and find out more about the dangers of accepting things online and what you can do to stay safe.



R RELIABLE

Watch the UK Safer Internet Centre film at www.saferinternet.org.uk/film-reliable about how images online aren't always as they seem and sometimes might have been altered or part of a bigger picture.



T TELL

Visit www.childnet.com/primary-help for advice on how to get help with anything online that might be worrying, upsetting or confusing. You can also talk to an adult you trust like a parent, teacher or helpline like Childline.

Always talk to a trusted adult if you are worried about anything online.



BE SMART WITH A HEART

Take the digital friendships quiz at www.saferinternet.org.uk/digital-friendships-quiz and see how being online affects your friendships.

