

# Be smart on the internet



Remember the **5 SMART RULES** when using the internet and mobile phones.

## S SAFE

Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.



## M MEETING

Meeting someone you have only been in touch with online can be dangerous, so it's not a good idea. Only do so with your parents' or carer's permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.



## 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

Someone online might lie about who they are. If you are chatting online it's best to only chat to your real world friends and family. Information on the internet may not be true. Always check information with other websites, books or someone who knows.



## T TELL

If you are getting cyberbullied always tell an adult.

Tell your parent, carer, trusted adult or Childline 0800 1111 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 leaflets and resources for primary schools, secondary schools, teachers, parents and carers.

To order this leaflet and others visit: [www.childnet.com](http://www.childnet.com) or telephone Childnet on 020 7639 6967

# How SMART are you?

KidSMART



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

Go to the Gallery at [www.kidsmart.org.uk](http://www.kidsmart.org.uk) and make a poster about what you should keep safe online.

Being creative is cool.



## m meeting

If you think you or someone you know is talking to an adult who wants to meet up, there are people you can tell. At [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) you can send a message to the police and they will help you.

THINK UK KNOW  
CO.UK



## a accepting

Choose a net nasty; like viruses, pop ups or spam, then draw a picture of it and send it in to us! Visit the Net Nasty page on: [www.kidsmart.org.uk](http://www.kidsmart.org.uk) to choose your net nasty.



## r reliable

How much do you know about Safe searching for useful information? Visit our website [www.kidsmart.org.uk](http://www.kidsmart.org.uk) and find out if you are an expert by taking our "How SMART are you?" Quiz!

SAFE SEARCHING



## t tell

Tell your friends and family about what they can do to stay safe online. Visit Join Hands on the KidSMART site and create a character to tell other children how to stay safe online.

My top tip is stay safe online by keeping your personal information to yourself!



KidSMART



[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

Visit our website and learn how to stay safe with Captain Kara and Winston on: [www.kidsmart.org.uk](http://www.kidsmart.org.uk) and go to the BEING SMART section.

