

Be Smart. on the Internet

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

It is possible for individuals on the internet to misrepresent themselves, and the information available online may not always be accurate. It is important to verify information by cross-checking with reliable sources such as books, other websites, or knowledgeable individuals. If you enjoy conversing online, it is advisable to limit your interactions to trusted friends and family in the real world.

T

TELL

If someone or something is causing you to feel uneasy or concerned, or if you or someone you know is experiencing online bullying, it's important to inform a trusted adult such as a parent, guardian, or close relative. Don't hesitate to reach out to friends and family for support.

