

Finding e safety a bit alien?

To: RestC

A SMART guide!

S

Staying safe involves being careful and not giving out your name, address, mobile phone number, school name or password online

M

Meeting someone you have contacted online could be dangerous. Only do so with your parent's/carer's permission and when they can be present

A

Accepting e-mails or opening files from people you don't really know or trust can get you into trouble. They may contain viruses or nasty messages

R

Reliable? Anyone can put or say anything on the internet. Make sure you check it before you believe it

T

Tell your parent or carer if someone or something makes you feel uncomfortable or worried

We all need to feel safe online!

