



essential e-safety



Probably one of the first 'safety' lessons you remember is the "*Don't talk to strangers*" one. Today there are so many different ways to communicate: texting, emails, chat rooms, twitter, social media websites, and blogs. So it's even more important to remember that first piece of safety advice. Most people you meet on the internet are strangers. Follow these simple **SMART** rules to stay safe when surfing.

S

Stay Safe - Never give out your name, photo, address, school, phone number or any personal information to anyone you meet on-line. People can use the slightest information to locate where you live. As a golden rule, always ask an adult (parent or guardian) before you send any personal details over the internet.

M

Meeting - Don't ever make plans to meet friends you have met over the internet without telling your parents or guardians. Talking to people online and meeting them in person are two totally different things. People are not always what they seem; arranging to meet anyone you have met over the internet is very dangerous!!

A

Attachments - Accepting emails or opening files from people you don't know can be very dangerous. They may contain viruses or nasty messages which you may find offensive and disturbing.

R

Reliable - Don't believe everything you read on the internet. Anyone can make a website about absolutely anything; it doesn't mean it's necessarily true. Use your common sense to work out whether information on a particular web site looks right (look for clues on who has created the site).

T

Tell - If you see anything on the Internet that you think is wrong, tell an adult straight away. Stop talking to people if they are being nasty or making you feel uncomfortable with their questions.

If you receive a nasty message from a cyber-bully, don't keep it to yourself, show and tell an adult you trust. Keep the message as evidence and show someone you can trust.