

Be **S M A R T** with a 

at



S is for safe.



S

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or address. Create a username that isn't obvious. Use an avatar or Memoji instead of a real profile picture. Check the age ratings of games.

M is for meet.



M

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 a grown up straight away.

A is for accept.



A

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. Mute chats and create private servers instead of multi-play servers in games.

R is for research.



R

Don't trust everything you see online as some things can be out of date, inaccurate or untrue. To find reliable information compare at least three different websites and in books.

T is for tell.



T

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 www.childline.org.uk 0800 11 11.

Always be kind!



Heart icon

Always be kind and respectful to others online. Help your friends if they are worried or upset by anything that happens online. Only leave positive comments, send polite messages and speak to people kindly in voice chats.