

Be smart on the internet

Childnet International
www.childnet.com

S SAFE Keep safe by being careful not to give out personal information when 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. Only do so with your parents' or carers' 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, and information on the internet may not be true. Always check information with other websites, books or someone who knows.

T TELL Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. You can report online abuse to the police at www.thinkuknow.co.uk

www.kidsmart.org.uk

KidsMART Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

Follow the code to stay safe online


 <p>ZIP IT Keep your personal stuff private and think about what you say and do online.</p>	 <p>BLOCK IT Block people who send nasty messages and don't open unknown links and attachments.</p>	 <p>FLAG IT Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.</p>
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Click Clever, Click Safe!

Always Talk to Your Parents if You Don't Feel Safe Online

Sometimes, you might see something you don't like, or someone might contact you who you don't know.

If this happens, always tell your trusted adult like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and advise you on what you should do next.





Evergreen

Primary Academy



A Child Friendly Online Safety Guide



5 Internet Safety Tips

- Never share personal information online.
- Don't respond to emails, texts or messages from strangers.
- Don't post or share photos online.
- Don't click links, open attachments or accept gifts from someone you don't know.
- Never agree to meet someone you met online.

Cyber Bullying

How to make a stand against

CYBERBULLYING



STOP LOG OFF the site where the bullying is happening

BLOCK

BLOCK emails or messages, do not respond to them

RECORD

SAVE the messages, images or emails to show to an adult

TALK IT OUT

TELL someone you trust, who can help you

Create, Connect and Share Respect:
A better *internet* starts with you!

STOP cyberbullying



Limit Your Screen Time

Using your phone, laptop, iPad, or computer for too long, particularly in the evenings, can make you feel tired at school, affect your concentration, and make you lose interest in other things in life.

Don't use any device close to bedtime.

Stay fit and healthy so that you will still be able to focus and perform well at school.