

Be SMART when using the Internet

Remember to use SMART rules when using the Internet on any device:

- S** **Safe:** You wouldn't give a stranger on the street personal information, so don't do it online. Stay safe by not posting or sharing information (name, address, password etc.).
- M** **Meeting:** It is dangerous to meet someone that you have talked to online but never met. Never go without telling someone and always ask permission from parents or carers - they need to come with you!
- A** **Accepting:** There are loads of ways to download information on the Internet. Accepting emails, internet messages, text or pictures from a source you don't know (a person or company etc.) may contain viruses or inappropriate information!
- R** **Reliability:** Just because it is on the Internet does not mean it is true. Anyone can add or edit information on the Internet, or even lie about who they are! Try to stick to websites you trust for information and only chat to friends and family.
- T** **Tell:** If anything happens that leaves you feeling worried or uncomfortable when using the Internet, you need to tell someone. The best people to talk to are trusted adults - parents, carers, teachers etc.



Remember, talking to someone for a long time online still does not mean you really know them!
Always tell an adult if you are getting cyberbullied.