



**KEEP  
CALM  
AND  
STAY  
SAFE ONLINE**

There are lots of fun, interesting and educational things you can do on the internet.

It can be a great way to stay in touch with friends and family.

But it's important to understand how to stay safe online.



Sometimes people will try to trick you into clicking dangerous links or sharing something about yourself or something you've shared might be used to bully, blackmail or frighten you.

**What can you do to stay safe online?**

You may remember the simple **SMART** tips that can remind you how to stay safe online, **be in control** so that you can enjoy it more.....



**S****SAFE**

Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

**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.

**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**

Information you find on the internet may not be true, or someone online may be lying about who they are.

**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](http://www.thinkuknow.co.uk)

**THINK  
UK  
KNOW**  
CO.UK



- Protect yourself and keep personal details private
- Never arrange to meet anyone you have only spoken to online
- Delete messages or images if you are unsure of their content or source-they could be harmful or contain viruses
- Do you trust it?
- Speak out and tell someone if you are worried-bottle up things might stress you out

**\* No matter what age you are these are some basic tips for everyone to follow.**



However, we  
can  
unfortunately  
make  
mistakes.....



There are lots of things you can do to **get support if things go wrong**

1. Talk to someone you trust like a teacher or trusted adult, or you can always talk to a **Childline counsellor (08001111)**
2. Report bullying and abuse directly to the website or app
3. Delete things you've shared that you're worried about, or find ways to hide them
4. Tell the police by making a report to **CEOP** if someone is threatening or blackmailing you
5. Plan for the future and change your privacy settings so it doesn't happen again



**Misinformation online**, particularly of current affairs, politics and social trends are currently a big problem in Social Media and can cause a lot of upset and problems if not recognised. How do we know if it's fake or not?

*noun*

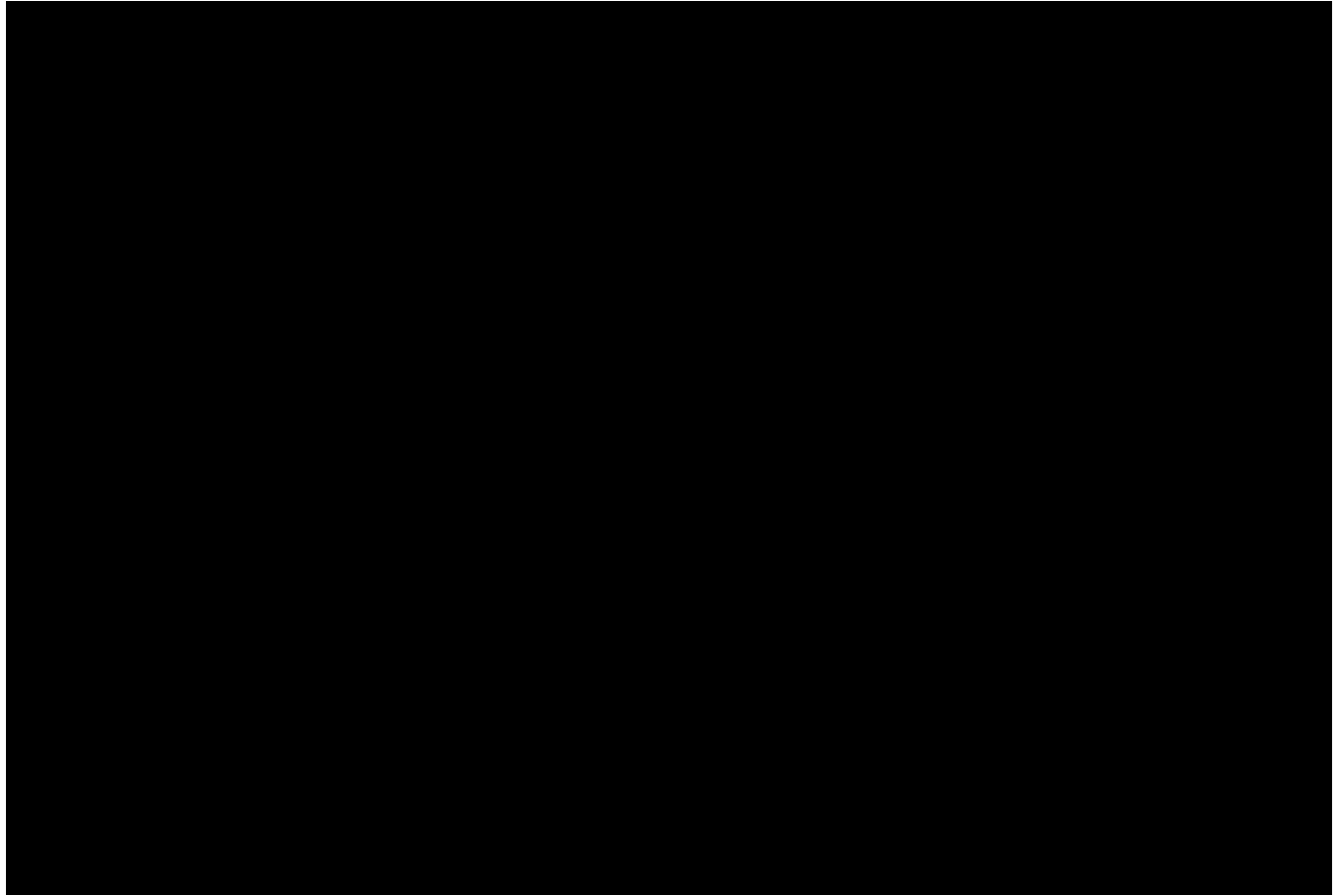
false information that is spread, regardless of whether there is intent to mislead:

*In the chaotic hours after the earthquake, a lot of misinformation was reported in the news.*



Can you  
always  
trust  
what you  
see  
online?

Watch  
the film  
and listen  
out for  
the tips





Here are some useful contact details for reporting abuse and getting helpful information to keep you safe online-

**Thinkuknow** is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

- [www.thinkyounowhow.co.uk](http://www.thinkyounowhow.co.uk)

**NSPPC** The UK's leading children's charity. Looking out for children for over 130 years

- [help@nspcc.org.uk](mailto:help@nspcc.org.uk)
- 08088005000

**Childline** Supports many aspects of childrens safety, care and support

- 08001111



**BE SMART  
ON THE  
INTERNET**