

## SMART RULES



**SAFE** - Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.



**MEET** - Meeting someone you have only been in touch with online can be dangerous. Remember online friends are still strangers.



**ACCEPT** - Accepting emails, messages, or opening files, images or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



**RELIABLE** - Someone online might lie about who they are and information on the internet may not be true. Always check information by looking at other websites, in books, or with someone who knows.



**TELL** - Tell a parent, carer or a trusted adult if someone, or something, makes you feel uncomfortable or worried.

## Where can I get support?

**Remember there is always support available if you need it.**

Contact the school directly if you have any worries concerning your child's safety online.

Phone: 01924 326756  
[office.staincliffe@kirkleeseducation.uk](mailto:office.staincliffe@kirkleeseducation.uk)

### Useful Websites

[Childline - www.childline.org.uk](http://www.childline.org.uk)

[Think U Know? - www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[Kidsmart - www.kidsmart.org.uk](http://www.kidsmart.org.uk)

[Netsmartz Kids - www.netsmartzkids.org](http://www.netsmartzkids.org)



## STAINCLIFFE JUNIOR SCHOOL

*A guide on how to  
keep your child safe  
on the Internet...*



At **Staincliffe Junior School** we appreciate and promote the value of computers and the Internet to support children's education. The internet is an amazing resource which enables children and young people to connect, communicate and be creative in a number of different ways.

However, children do also face risks such as cyberbullying or seeing content that's inappropriate. Therefore, it's important for them to know how to stay safe online.

## What can I do right now?

### *Ten simple steps...*

1. Ask your children what **websites and apps** they have been using recently.
2. Maintain an **open dialogue** - ask them who they are talking to and which services they are using.
3. Ask your child what the **SMART rules** for Internet safety are.
4. Set up a **PIN or password** on devices to help protect personal information.
5. Encourage your children to **use nicknames** (where possible) instead of their full name online, to protect their personal information and create **strong passwords** for every account.
6. Familiarise yourself with the **age ratings** for games and apps which can help to indicate the level and suitability of the content.
7. Remember **no child under the age of 13 should have a Facebook account**.
8. Remind your children to **'think before they post'**. Remember anything you post online cannot be taken back.
9. Familiarise yourself with the **privacy settings** and **reporting features** available on popular sites and services.
10. Remember to **contact the school** if you have any concerns about your child's safety. See the back of this leaflet for useful contacts.



