

## Stay Safe at Home

While we are going through a period of Home-Learning, ensure you continue to stay safe online. If you have any concerns, speak to your grown-up at home or you can contact Childline for further support.

<https://www.childline.org.uk/get-support/contacting-childline/message-from-childline/>



### Stay safe online

Remember the 5 SMART rules when using the Internet and mobile phones.

- 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 MEET:** 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. Make sure you check information before you believe it.
- 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.

