

# **ESAFETY RULES FOR CHILDREN**

**It is vitally important that children know how to stay safe online. At school, we have strict controls on the websites children can visit if they are using computer equipment. In addition, they are all taught about online safety. As parents/carers, it is equally important that you know what your children are doing online at home. So, ask your children to tell you about the sites they like to visit and what they enjoy doing online. Also, ask them about how they stay safe online and discuss the following SMART rules for Online Safety with them.**

## **SAFE:**

**Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.**

## **MEET:**

**Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co](http://www.thinkuknow.co).**

## **ACCEPTING:**

**Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.**

## **RELIABLE:**

**You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites,**

**check in books and talk to someone about what you have found.**

**TELL:**

**Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you, like your teachers, parents and carers or contact Childline – 0800 11 11 or [www.childline.org](http://www.childline.org).**

**BE SMART WITH A HEART:**

**Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.**

