

What are the risks of being on line and how can I reduce them?

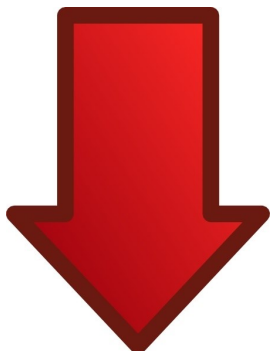
Word	Definition
Image	A picture of a person
identity	Who a person is including their name and address
online	Connected to or reached through a computer
Inappropriate	Not the right actions for the time or place you are in
SMART rules	safe, meeting, accepting, reliable, tell

Key Knowledge and Concepts

It important you feel safe including online. When you feel loved, cared for and happy, you feel safe.



You can manage your risks by keeping safe passwords and avoiding open networks.



You can reduce you risk by making safe choice like making sure you have a friend with you when possible, making sure you know where your are adults they can get help from if necessary, making sure parents/carers know where you are and what you are doing.



BE SMART ONLINE

- S 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.
- M 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.uk
- A 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.
- R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true.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.
- T 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, carers or contact Childline - 0800 11 11 or www.childline.org.uk
- 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.

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