

# How can I keep myself safe online at home and school?

Follow the SMART rules

## Safe

Keep your personal information safe! If you wouldn't say it to a stranger on the street, don't share it with strangers on the internet.

## Meeting

Always know who you are talking to online. If someone who you don't know ever asks you to meet up, tell a trusted adult, say no, and report it.

## Acceptable

Think before you accept something from someone online e.g. a download, a picture. If you don't know who it's from, and it has an attachment... DELETE IT!

## Reliable

Not everyone online is trustworthy. Somebody may be lying about their age or about something in the news. Protect yourself and think is this information reliable?

## Tell

Tell a trusted adult if someone, or something makes you feel worried or uncomfortable online. Also, tell someone if a friend of yours needs help online too.