How to be SAFE when you use the internet.

Trinity Safeguarding

Using the internet is something that we all do!

It doesn't matter how much you use the internet, when you use it you **need** to know how to keep yourself safe.

BE SMART!

Remain Safe
Never Meet
Only Accept those you trust
Reliable friend requests?
Always Tell an adult

S = SAFE

Keep yourself safe – **DON'T** give out any personal information.

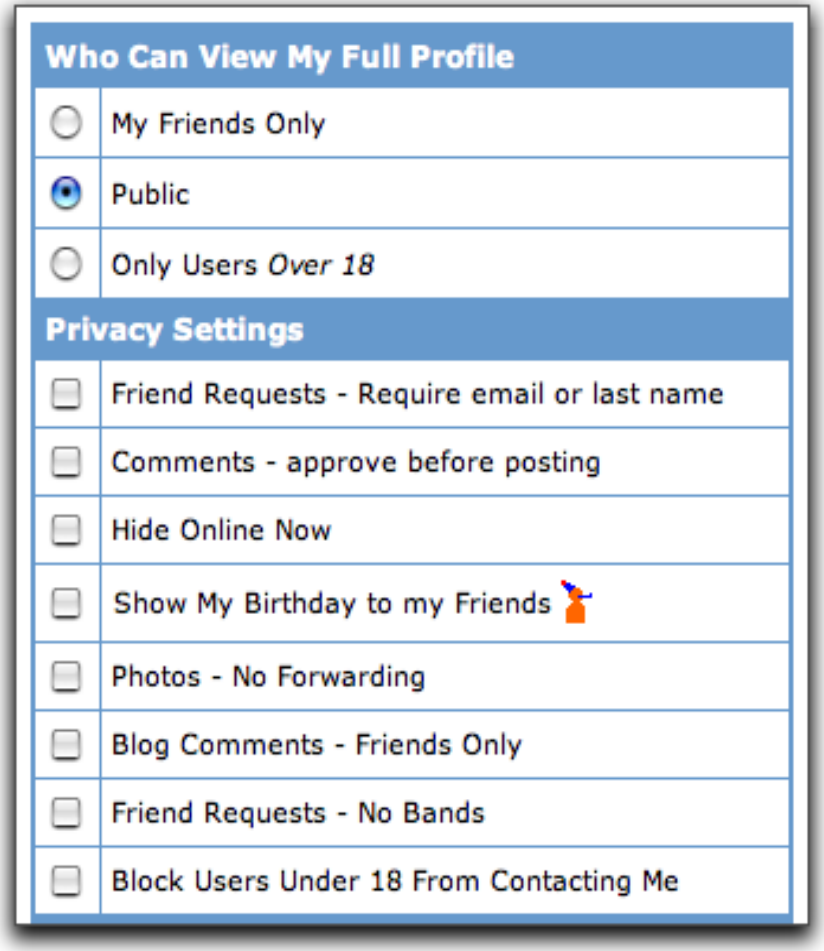
Keep your full name, address, mobile number, email address, school name and friends' full names secret. Otherwise people can use this information to contact you.

Your passwords and nicknames should be secret.

If you have to give an online screen name or nickname, never use your real name, and try not to use things that are easy to guess like your parents name or a pet's name.

Safe - Privacy Settings

- Have you looked at the privacy settings on your account?
- Have you changed the settings to control who can see your information?
- If you don't do this, anyone can view your details, not just your real friends.



NEVER meet up with an online friend.

Never arrange to meet an online friend, no matter how well you think you know the other person or however curious you may be.

If you know that somebody is thinking about doing this then tell an adult because it could be **VERY DANGEROUS** for them.

A = ACCEPTING

ACCEPTING emails can be dangerous, they can contain viruses that will harm your computer or really nasty messages that could upset you.

Don't open emails/requests from people you don’t know.

If they have your email address some websites will send you lots of junk emails trying to sell you things, or messages that make you feel uncomfortable. This is called spamming.

The best thing to do is to just delete all messages from people and companies that you don’t know.

R = RELIABLE?

Beware ! People on the internet might not be who they say they are.

Someone online maybe lying about who they are, and information you find on the internet may not be reliable.

Chats and message boards are brilliant, but they can also be dangerous because you don't know who you're talking to.

Remember '**stranger danger**' - you should use the same rules when you're online.

T = TELL

TELL – Tell an adult if you are worried about anything you have found or seen or heard on the internet.

If you are chatting to someone on something like MSN then the best thing to do if someone upsets you is to log off and tell an adult.

Use your knowledge of SMART and as a class discuss what you would do in the following situations

What should YOU do?

Someone you have just ‘met’ online and have been chatting to about football on MSN asks you where you will be playing your next game.

They say that they’d like to come and watch you play and could they have your phone number so they could ring and arrange to meet you when you go to the game.

What should YOU do?

You're using your dad's computer at home and are busy emailing. You look at your inbox and see 10 emails and so you get really excited that you have so many!

When you open your inbox you see that not all of the emails are from your friends but one of them looks exciting because the title of the email says that you might have won £2000!

What should YOU do?

You have been talking to Sally, your online friend for a few weeks now. She sounds really cool, lives in Dubai, has the latest IPhone and designer clothes.

Her family also has a swimming pool and 6 horses.

Do you think that she is telling you the truth?

Is this a reliable friend?

What should YOU do?

You receive an MSM which contains derogatory comments about yourself.

Your first emotion is to reply, but should you?

ADVICE

What to do….

- **Don't reply** to messages that are meant to harass or upset you. This is likely to encourage the bully
- **Keep the message:** you don't have to read it, but keep it as proof. It is vital to have a record of the incident when you look for help or want to report it.
- **Do not email or print** out the image/message
- **Report problems** to people who can do something about it, parents, school, and police (outside of school hours using 101)
- **Block the sender.** You don't have to put up with someone harassing you - block unwanted senders!
- **Tell someone you trust.** Talking to your parents, friends, a teacher, youth leader is usually the first step in dealing with any issue.
- Talk to **Childline** and report issues to **CEOP.**
- **Respect yourself and respect others** - being online is very public and very real, although it doesn't always feel that way.

CLICK CEOP
Internet Safety

Being safe in the holidays:

- Always let an adult know where you are and who you are with;
- If you have a phone make sure it is charged before you leave the house;
- Dress appropriately for the weather, wear sunscreen if needed;
- Stay away from open water – do not be tempted to swim in lakes, canals or other water unless there is a lifeguard present;
- Stay away from the railway lines – they are not safe places to be;
- Never except a lift from a stranger or go anywhere with people you do not know, or trust.

During school holidays if you are feeling unsafe you **must** do at least one of these things:

- Tell an adult you trust
- Call ChildLine [0800 1111]
- Report it to the police on 101

In an emergency just call 999