

# Cyber advice for children



It is wrong to text, write or post anything that deliberately upsets another person.

Think about how a message would make you feel if it was about you.

If you do see or receive a message that worries or upsets you then tell a grown up straight away.

If you know another person is receiving messages which concern or upset them then tell a grown up straight away.

Always get a grown up's permission before using the internet or playing games.

Be careful not to put too much information about yourself on the internet, when you are playing online games for example.

Do not give your name, age, address, email, phone number or school name when on the internet.

Remember that people using the internet can lie about who they are and they can pretend to be someone that they are not.

If you feel unsure or concerned about anything on the internet tell a grown up.

## Follow the SMART rules

**Safe** - Stay safe by being careful not to give out personal information to people you are chatting with online.

**Meeting** - Meeting someone who you have only been in touch with online can be dangerous. Only do so with your parents' permission and only when they can accompany you.

**Accepting** - Accepting emails, instant messages or opening files and pictures from people you don't

know or trust can lead to problems - they may contain viruses or nasty messages!

**Reliable** - Information you find on the internet may not be true, or someone online may be lying about who they are.

**Tell** - Tell your parent, carer or an adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.