Online Safety

Reading Local Safeguarding Children Board

The key message is to be SMART on the Internet

S	**SAFE** Stay safe by being careful not to give out personal information online. Check your privacy settings and be careful what you share with people you are chatting with online.
M	**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.
A	**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!
R	**RELIABLE** Information you find on the internet may not be true, or someone online may be lying about who they are.
T	**TELL** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

The 5 P's for Parents

1	**POSITIVE** Stay positive about social networking sites. Strike a balance between educating children to behave safely and trusting them to get on with it.
2	**PRIVACY** Make sure children know how to use privacy settings. Explain the importance of keeping information private and not sharing everything with everyone. Check they know all their online friends. If they don't, delete them.
3	**PHOTOS** Check that any photos posted are suitable. Photos can easily be copied, changed or circulated. They can potentially stay online forever.
4	**POSTINGS** Establish ground rules about what is and isn't acceptable to say - about themselves and others.
5	**PARENTS** Encourage children to tell you about inappropriate contact that makes them feel uncomfortable. Offensive images or messages can be reported to the police via the: www.ceop.police.uk/safety-centre/

ZIP IT
Keep your personal stuff private and think about what you say and do online.

BLOCK IT
Block people who send nasty messages and don't open unknown links and attachments.

FLAG IT
Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.