

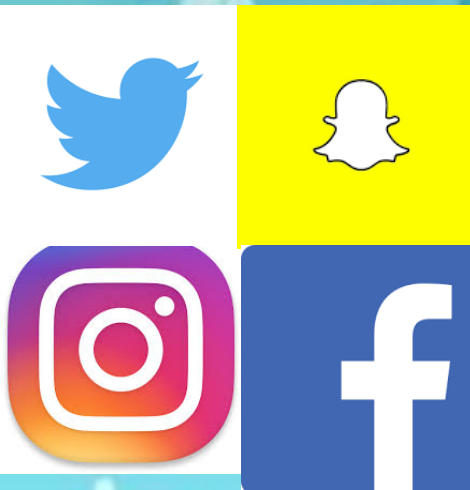
E-Safety



Hello my name is Lauren Carr and I am going to tell you about my E-Safety Rules.

stay safe online
Remember the 5 SMART rules when using the internet and mobile phones.

- S SAFE:** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.
- m MEET:** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.
- a ACCEPTING:** Accepting emails, IM messages, or opening files, pictures or texts 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. Make sure you check information before you believe it.
- 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.



If you ever feel like you are being bullied and that you are uncertain about the person you are talking to, there will be a button on the app called "report abuse". just press it and the police will investigate and find the person for you.

Never agree to meet up with anyone online that you don't know because they might have lied about their age or the way they look. Never give out personal details that would put you in great danger. Never tell anyone where you are going to, for example if you were going on a trip you wouldn't tell anyone because if you did they might come to your house when you're not there and rob your house. Never add someone you don't know. If you are ever bullied online you must tell someone.

