The Growth Company

STAY SAFE ONLINE
by following these
5 SMART rules

S
Safe
Keep yourself safe by not sharing personal information about yourself - personal information includes: your full name, home address, email address, phone number, photos and where you work or study.

M
Meeting
Meeting someone who you have only been in touch with online can be dangerous - people can mislead you and not be who they say they are.

A
Accepting
Accepting emails, instant messages (IM), or opening files, pictures or texts from people you don't know, or trust can lead to problems - they may contain nasty messages or viruses!

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

T
Tell
If someone or something makes you feel uncomfortable or worried or if you or someone you know is being bullied tell your parent, carer, Tutor, Skills Development Coach or another trusted adult. You can report online abuse to the police at **www.thinkuknow.co.uk**