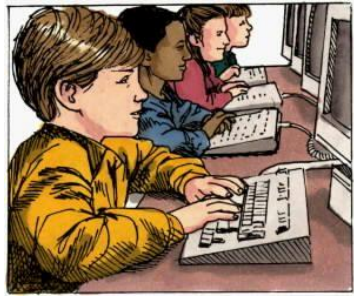


When using the internet be



S - Keep Safe

Don't give out your 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.



M - Don't meet up

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're determined to meet an online friend you should always tell a parent or teacher and make sure they go with you.



A - Accepting Emails can be dangerous

Don't open junk mail.

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.

Delete any emails from people or companies that you don't know. If you open an email that says rude or unpleasant things, you must tell a trusted adult straightaway - and don't reply to it.



R - Reliable

Beware: people might not be who they say they are.

Chats and message boards are fun, 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.

If you're determined to meet an online friend you should always tell a parent or teacher and make sure they go with you.



T - Tell Someone

Always tell an adult if you feel uncomfortable or worried.

Some message boards and chat rooms have an 'alert button' or an email address where you can tell the 'host' (who runs the board) that you're upset about something or someone.

Don't forget you can always log-off and leave the website.

