

Follow Childnet's top tips to help keep you and your friends safe online.

**S**

**is for safe**

Keep your own and others' personal information safe and don't share it with people you only know online. This includes your full name, passwords, address, school and contact details.

Remember personal information can be found in pictures and videos you share. Make sure not to show your face or anybody else's face.



**M**

**is for meet**

Be careful with people you only know online. Tell a trusted adult straight away if they ever ask:

- To meet up,
- For personal information about you,
- For photos or videos of you,
- For you to livestream or video chat with them.



**A**

**is for accept**

Think carefully before you click on links, pop-ups, or adverts, as you don't know where they may lead.

It's safest not to accept friend, follower, message or trade requests from people you don't know.



**R**

**is for reliable**

Not everything you see online can be trusted. Things can be out of date, edited or fake! If something online seems too good to be true, it probably isn't true. Check your facts in several different places and talk to someone about what you have found if you're not sure.



**T**

**is for tell**

If anything or anyone online makes you feel upset, worried or confused, tell a trusted adult. There are lots of people who will be able to help, like family members, carers, school staff or club leaders.

Think: who are your trusted adults?



Remember to always be SMART with a heart by being kind, respectful and thinking about other people online.

# Why not show how SMART you are by quizzing each other using these questions?

Hint: the answers are upside down

Which piece of information is okay to share online?

- a) Where you live
- b) Your favourite game
- c) Your password

Answer: b



If somebody online asks you to meet up, for personal information or photos and videos of yourself, what should you do?

- a) Reply with the information
- b) Ignore the messages
- c) Tell a trusted adult or Childline, then make a report together

Answer: c

Which of these steps should you NOT take if you are being bullied online?

- a) Retaliate
- b) Tell someone
- c) Report the user

Answer: a



How can you tell if something online might not be reliable?

- a) The information is out of date
- b) AI has been used
- c) It seems too good to be true

Answer: all of these might be signs that something online is unreliable

What's the name of the helpline you can contact if you need to talk or are feeling worried about something online or offline?

Childline  
childline.org.uk  
0800 11 11



 **Childnet**

For more help and advice for children, or parents and carers visit our website.

[childnet.com](https://www.childnet.com)