



Keeping safe online.



We all love using the internet. But some people



can be unkind online. This is not OK.



Online Bullying



Cyberbullying is when someone says or does something



unkind online. If you feel someone has sent unkind



messages or you feel unsafe, tell a trusted adult,



use the contacts on the next page, report and block them.



S



S is for safe

Don't share passwords.



m



M is for meet

Don't meet with people from the internet.

a



A is for accepting

Think about what you click on and accept (friend requests).

r



R is for reliable

Think, is it real? Don't fall for fake news.

t



T is for tell

Tell a trusted adult if something upsets you.

?



Be SMART with a heart



Call 0800 1111

www.childline.org.uk



Call 0808 808 4994

www.themix.org.uk