

**Kid Smart**



[www.kidsmart.org.uk](http://www.kidsmart.org.uk)



helping your  
**parents**  
**be cool**  
about the  
**internet**



an internet safety guide  
for **young people**

## NBD...No Big Deal

Let's face it – when it comes to the Internet, we know much more than adults. It's no big deal being able to surf the net, be in a chat room and txt your mates on your mobile all at the same time!



But it's not just about using the technology, we have to show our parents, carers and teachers that we're SMART about how we use it and who we are in touch with.

## WhoRU?

You might think you've met some real cool friends in chat rooms but how can you be sure who you're talking to?

The person may be nice and trustworthy, but then again they may not.

I tell my mates not to put too much info in their chat profile and never arrange to meet up with anyone they've been chatting to. Chat room mates are best left in cyberspace.



## Stick To The Positive

The great thing about the Internet is that there are some fab sites out there - many of which have been created by young people. If you find a really cool site which helps you with your

homework or hobby tell a friend.

WHAT'S THE BIGGEST INTERNET DANGER?

THAT YOU'LL CONCENTRATE ON THE DANGERS AND FORGET THE BENEFITS.



Nasty stuff like hate or pornography websites are right out. Get a life! Leave those sites where they belong - in the trash can!

Be particularly careful about sites which ask you for lots of personal details. You never know where that information goes.

You might think you're clued up about using the net safely, but make sure you look out for your mates and younger brothers or sisters. Remind them to be very careful and stick to the SMART rules when communicating with people you don't know.



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## Mobile Up!

Everyone's texting mad - but it's not only your mates who are buzzin your fone! Don't give your mobile phone number out to anyone you don't know and if you start getting annoying or offensive texts, talk to your parent, carer or teacher straight away.

Keep your mobile out of sight when you're on the street and make sure you have a security code or PIN number to lock your phone.

IF I'M SMART ON THE INTERNET WILL I AVOID UNWANTED TEXT MESSAGES?  
THERE'S CERTAINLY A CONNECTION.



# Keeping Smart Online!

Remember these 5 **SMART** safety tips when you are using the Internet to communicate to people you don't know. For further explanation on why these tips are important see [www.kidsmart.org.uk/smart](http://www.kidsmart.org.uk/smart)

**s**

**SAFE** – Staying safe involves being careful and not giving out your name, address, mobile phone number, school name or password to people online.

**m**

**MEETING** someone you have contacted in cyberspace can be dangerous. Only do so with your parent's/carer's permission, and then when they can be present.

**a**

**ACCEPTING** e-mails or opening files from people you don't really know or trust can get you into trouble - they may contain viruses or nasty messages.

**r**

**REMEMBER** someone online may be lying and not be who they say they are. If you feel uncomfortable when chatting or messaging end the conversation.

**t**

**TELL** your parent or carer if someone or something makes you feel uncomfortable or worried.



"The Internet is great fun and a brilliant way to keep in contact with friends. However, it is really important that we all use the Net safely and always remember these **SMART** rules to stay safe online."

## Further Advice & Resources

If things get out of hand online or you need to talk to someone about something you've seen or someone you've been talking to online, you should talk to a sympathetic teacher at school, or your parents or carers. You can also talk to a counsellor on:

### NSPCC Child Protection Helpline:

email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Freephone: 0808 800 5000

Textphone: 0800 560566

### ChildLine 24-hour Helpline:

Freephone: 0800 1111

Web: [www.childline.org.uk](http://www.childline.org.uk)

or contact your local Social Services

See also these websites for great advice:

[www.childnet-int.org](http://www.childnet-int.org)

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

[www.there4me.com](http://www.there4me.com)

[www.chatdanger.com](http://www.chatdanger.com)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.nch.org.uk/itok/](http://www.nch.org.uk/itok/)

This leaflet has been produced by the  
Northern Ireland Area Child Protection Committees.



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