

Over  
2 million  
leaflets distributed

## Communicating the issues

Childnet SMART rules have been written especially for young people to remind them how to be careful online.

- S** **SAFE:** Keep safe by being careful not to give out personal information – such as your name, email, phone number, home address, or school name – to people who you don't trust online.
- M** **MEETING:** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parent's or carer's permission and even then only when they can be present.
- A** **ACCEPTING:** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!
- R** **RELIABLE:** Someone online may be lying about who they are, and information you find on the internet may not be reliable.
- T** **TELL:** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried.

## What you can do right now

- Get involved in your children's internet use. Discussing the opportunities and risks with children involves helping them to see for themselves how they might get into and out of difficulty. Make sure your children know the SMART rules.
- Agree rules as a family about personal information, time spent online, and contacting people via the internet.
- Create a family email address for registering online.
- Bookmark your family's favourite websites. Add [www.virtualglobaltaskforce.com](http://www.virtualglobaltaskforce.com) to your favourites if you ever need to report online abuse to the police.
- Encourage children to talk to someone they trust if they feel worried or upset by something that happens online.

## Further advice & resources



The Childnet International website gives internet safety advice and links for young people, parents, teachers, and other organisations.  
[www.childnet-int.org](http://www.childnet-int.org)



Childnet's Chatdanger website gives details about the potential dangers on interactive services like chat, IM, online games, email, and mobiles. Read true stories and find out how to keep safe while chatting online.  
[www.chatdanger.com](http://www.chatdanger.com)



Childnet's Sorted website is a resource produced entirely by young people for young people and adults on the issues of internet security. It gives important information and advice on how to protect computers from the dangers of viruses, phishing scams, spyware and Trojans.  
[www.childnet-int.org/sorted](http://www.childnet-int.org/sorted)



The Child Exploitation and Online Protection (CEOP) Centre's website houses a range of information on how to stay safe online. It includes a unique link to the Virtual Global Taskforce that enables parents and young people to make reports of actual or attempted abuse online which the police will investigate.  
[www.ceop.gov.uk](http://www.ceop.gov.uk)



The Internet Watch Foundation website is the UK's hotline for reporting illegal online content. It deals specifically with child abuse images hosted worldwide and criminally obscene and incitement to racial hatred content hosted in the UK.  
[www.iwf.org.uk](http://www.iwf.org.uk)



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

keeping  
up with  
**children**  
on the  
**internet...**



...an internet safety guide for  
parents, carers and teachers

This guide has been written by children's internet charity Childnet International and funded by the DfES.

Partnership for  
**education and skills**  
making opportunities for young people and building skills for the future

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