

Online Safety - Stay Safe Online!

HPA wants you to enjoy the internet safely. Here's everything you need to know to protect yourself online.



The SMART Rules - Your Online Safety Code

S

SAFE

Keep personal info private

M

MEET

Never meet online strangers

A

ACCEPT

Don't accept files from strangers

R

RELIABLE

Not everything online is true

T

TELL

Tell a trusted adult if worried



Protect Your Privacy

- Never share your address or phone number
- Keep passwords secret — even from friends
- Use a nickname, not your real name online
- Set accounts to private
- Think before you post — it's there forever
- Ask a parent before joining new platforms



Cyberbullying

- Unkind messages, posts, or comments online
- Sharing embarrassing photos of someone
- Excluding people from online groups
- Spreading rumours on social media
- Pretending to be someone else online
- Always report it — don't reply or retaliate



Screen Time Tips

- Balance your time online and offline
- No devices after your agreed bedtime
- Keep devices out of your bedroom at night
- Protect your mental health — take breaks
- Talk to someone if the internet makes you sad

→ Use apps that HPA recommends e.g. ThinkUKnow



Images & Sharing

- Never send a photo you'd be embarrassed for a teacher to see
- Don't share others' photos without their permission
- Live streaming has real risks — be careful
- Sexting is illegal if you're under 18
- Screenshots can be shared — think before sending
- You can always ask for images to be taken down

Warning Signs of Online Grooming



Giving you gifts or money online for no reason



Asking you to keep your chats a secret



Pretending to be a teenager when they're not



Saying they love you very quickly



Asking you to send photos of yourself



Making you feel guilty if you don't reply

If Something Goes Wrong

- ✓ Don't panic — it is not your fault
- ✓ Tell a trusted adult at HPA straight away
- ✓ Screenshot the evidence before blocking
- ✓ Block and report the person on the platform
- ✓ Email [\[email protected\]](#) anonymously
- ✓ Contact CEOP at thinkuknow.co.uk

Helpful Websites

 thinkuknow.co.uk — CEOP online safety advice

 childline.org.uk — Free support 0800 1111

 kidsmart.org.uk — HPA recommended

 reportharmfulcontent.com — Report harmful content

 ceop.police.uk — Report online abuse to police