**Internet Safety**

One of the most important things to do in the current digital age is to speak with your child about their Internet Usage. It is about not being afraid to play with them, to look at what they are playing and to have an open policy where they can talk to you about the Internet. It is about being SMART online.

**Safe** – Be careful, do not give out your full name, address, phone number, school name, Date of Birth, password or photos with location information

**Meeting** – People online can be dangerous

**Accepting** – Attachments can lead to cyber attacks

**Remember** – It’s easier to lie online

**Tell** – Your parents, carer or teacher if someone makes you uncomfortable

**Useful websites**

Common Sense Media is a website that gives advice and guidance on age restrictions for books, apps and games. <https://www.commonsensemedia.org/>

Internet Matters is a great website that offers information on everything to do with the Internet from resources to cyberbullying advice and advice for parents on apps. <https://www.internetmatters.org>

**Additional websites to explore**

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

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

[www.childnet.com/kia/primary/](http://www.childnet.com/kia/primary/)

[www.digizen.org/](http://www.digizen.org/)

[www.thinkuknow.co.uk/5\_7/](http://www.thinkuknow.co.uk/5_7/)

<https://www.internetmatters.org/>

<https://kidshealth.org/en/parents/net-safety.html>