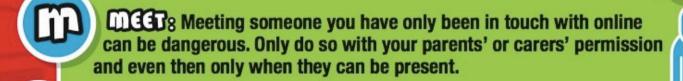
stay safe online

Remember the 5 SMART rules when using the internet and mobile phones.





- ACCEPTIOGS 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!
 - BELIABLES Information you find on the internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.
- makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.