At Tenacres we use 5 simple pieces of advice to help our children keep safe which you can also use at home. Think SMART!

S—Stay Safe

Never give your personal information to people you don't know.

M-Never Meet Up

Remember meeting someone you don't know can be dangerous.

A Never Accept Files

Accepting emails, files, pictures, texts or messages from strangers can cause problems.

R- Reliable?

Ask yourself is this person or website telling the truth. Always check information before you believe it.

T- Tell someone!

Tell an adult if someone or something makes you feel worried or if you get that funny feeling in your tummy.

Useful sites

E-Safety advice:

https://www.thinkuknow.co.uk/parents/

http://www.ceop.police.uk/

Safe emails and social media for children

https://www.thinkuknow.co.uk/8_10/cybercafe/Cyber-Cafe-Base/

portal.office.com (our school email system, children should know how to log in)

http://www.kidsmart.org.uk/greatsites/

As Tenacres E-Safety coordinator I am always available if you would like any further advice or information, so please do come and see me!

Mr Beacham





How can we help at home?

Start by talking to your child.



Here are a few quidelines:

- Be kind online. Just because you can't see a person doesn't mean that you can't hurt or offend.
- Think before you post or forward anything. Think about those selfies! Once you upload comments, pictures or videos, others will be able to see or capture them.
- Don't upload pictures or videos of others without their permission.
- Play virtual BUT live real! Computer games are fantasy! Many people 'pretend' to be something they are not online.
- Remember to stick to age appropriate games and websites. Games
 or websites that have an age rating higher than your
 child's is NOT appropriate.
- Be careful about pop-ups and adverts that say "you have won" something! This is usually a scam.
- Be careful what you click on such as odd links or attachments. If in doubt, do not open it delete it . It could be a computer virus. Also people try to get hold of your details.
- Only message, chat or e-mail people you know or trust.

