

**BE SMART**

# STOP! THINK!

HOW TO STAY SAFE  
ON THE INTERNET

Championed by  
the Learning Disability  
Partnership

DEVELOPED  
**FOR** PEOPLE  
WITH LEARNING  
DISABILITIES,  
**BY** PEOPLE  
WITH LEARNING  
DISABILITIES

North Lincolnshire  
**Learning Disability  
Partnership**



[www.northlincs.gov.uk](http://www.northlincs.gov.uk)

Going online can be really fun, but it's important to stay safe when you're using the internet.


This booklet will give you some ideas about how to do that.






# There are some things about the internet that are not so good, such as:

 People can send you nasty messages


 People can try and get you to give them money



 People can tell lies about you


 People can pretend to be someone they are not



 People can send rude photographs or try and get you to send rude photographs

 People can get you to do silly and harmful things



 People can ask for your address, passwords and personal information

 Beware of junk emails and messages - just delete them!



# STOP! THINK!

HERE ARE SOME THINGS ON HOW TO  
STAY SAFE ON THE INTERNET

1

You can block people – ask someone you trust to help you with your privacy settings

2

You can report things to the police – keep what you have been sent to show them

3

You can ignore people you don't know

4

You should keep things private - only tell your personal information to 'real friends'

5

NEVER arrange to meet up with someone you don't know

6

If it doesn't feel right, don't do it

Enjoy all the good things about being on the internet,  
stay safe and “**BE SMART**” online.

# Remember:

If you're not sure about something or you feel scared or upset, talk to someone you trust like your family, a carer, teacher or a support worker.





# BE SMART

For more information about staying safe online, go to [www.northlincs.gov.uk](http://www.northlincs.gov.uk)

