



## Fowlmere eSchools rules

- Always ask a grown up before you use the internet.
- On eSchools, you can only talk to children and staff from our school. **Even so, remember not to share phone numbers or addresses.** You can share photos or pictures of things you have made, learnt or done.
- You can write messages to your friends at school. Remember to THINK before you post -
  - T - Is it True?
  - H - Is it Helpful?
  - I - Inspiring?
  - N - Is it Necessary?
  - K - Is it Kind?
- Remember that everything you post can be seen by other people in the school - make sure it is appropriate.
- Always tell a grown up if you feel scared or unhappy about anything.
- Click on **New message** if you want to send a message.
- Click on the whistle  to let a teacher know if you are worried about something you have seen on eSchools. This might be a message you have received which is upsetting or a post you see that breaks our rules. If you need to contact your teacher about anything else, just send a message; don't use the whistle.



# BE SMART ONLINE



**S SAFE**  Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

**M MEET**  Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**A ACCEPTING**  Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

**R RELIABLE**  You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

**T TELL**  Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)

**BE SMART WITH A HEART**  Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

[WWW.CHILDNET.COM](http://WWW.CHILDNET.COM)

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