

Meridian Home Learning E-safety

Remember - at Meridian we learn to be SMART when we are using the internet and follow these five simple rules you can see below. We do this to keep ourselves safe and happy. We are probably using the internet more than we normally would be at the moment, so these rules are especially important.

S	<u>Be Safe</u> Keep your personal information safe and secure.
M	<u>Do Not Meet Up</u> Do not agree to meet anyone from the internet. They may not be who you think they are.
A	<u>Do Not Accept</u> Don't accept messages or friend requests from people you don't know.
R	<u>Reliable?</u> Do not always trust information that you find on the internet.
T	<u>Tell Someone</u> If anything upsets you on the internet, tell a trusted adult at school or home.

Screen time

We ask that you do no more than 2 hours of your learning online each day.

It's important to have time away from the screen to keep healthy and we're sure that some of you will want to use your screen time for watching TV and playing video games too!

It's good to have a 10 minute break away from a screen after using it for 1 hour.

Who can I tell?

If you do see something upsetting, remember that you can tell an adult at home and that each week somebody from school will give you a phone call. If you need to, you can also call the school yourself on 020 8858 3572.

Childline

You can get support for worrying things you've seen online and get other advice by visiting childline.org.uk online or phoning 0800 1111.