

SMART ONLINE HABITS

9 Quick Ways for Kids to Stay Safe & Savvy Online

parentzone.org.uk



1. Spot the Bot

Take 30 seconds to check photos and videos for AI glitches like weird hands or blurry text before sharing.



2. Playground Test

Ask yourself: "Would I shout this out loud across a busy school corridor?" before hitting send in a chat.



3. Mute the Noise

Turn off chat notifications during homework or bedtime so group chats don't cause unnecessary stress.



4. Fact Check It

Seen a wild rumor or news story? Check two other reliable websites before believing or reposting it.



5. Keep it Private

Keep your passwords, home address, and school name secret, even from your closest gaming mates.



6. Take a Reset

If a game or online argument makes you angry, step away for 10 minutes to cool down before replying.



7. Shield Your Account

Check your privacy settings regularly to ensure your profile is set to "Friends Only".



8. Talk to Someone

Tell a parent, teacher, or trusted adult straight away if anything online makes you feel uncomfortable.



9. Include Others

Be a supportive friend online. Never make secret chat groups specifically to leave someone out.

----- CUT OR DETACH HERE FOR HOME COMMUNICATION -----

TEACHER QUICK GUIDE

2-Minute Classroom Activity:

- Display or print this poster for form time or PSHE.
- Pick 2 habits per week and ask pupils for real-life examples.
- Reinforce the "Playground Test" when managing chat drama.

PARENT DINNER TABLE CHAT

3 Questions to Ask at Home Tonight:

- "Which of these 9 habits do you think is hardest to follow?"
- "Do any of your group chats ever feel too noisy or stressful?"
- "Do you know how to mute notifications when studying?"