

Key Questions

Why do we need to be connected in the first place?

- The internet offers endless possibilities for learning, connecting, and entertainment.
- But just like the real world, there are also risks online.
- By understanding these risks, you can stay safe and enjoy the online world responsibly.

Key Areas For Concern

Cyberbullying:

- Using technology to bully or harass someone online or through their phone.
- Can include sending nasty messages, spreading rumours, or excluding someone online.
- What to do: Don't respond, tell a trusted adult, report it to the platform.

Privacy and Sharing:

- Be careful what information you share online.
- Once something is online, it can be difficult to erase completely.
- Think before you post pictures, personal details, or anything that could embarrass you later.

Passwords and Security:

- Use strong and unique passwords for all your online accounts.
- Don't share your passwords with anyone, not even friends.
- Be wary of clicking on suspicious links or downloading attachments from unknown senders.

Social Media:

- Social media can be a great way to connect with friends and family.
- But be aware of the downsides, like cyberbullying, unrealistic portrayals, and time-wasting.
- Use social media responsibly, take breaks, and be mindful of what you post.

Online Scams:

- Scammers try to trick you into giving them money or personal information online.
- Be aware of phishing, fake competitions, and people pretending to be someone they're not.
- Don't give money or personal information online unless you're absolutely sure it's legitimate.

Screen Time and Wellbeing:

- It's important to balance your online time with other activities.
- Excessive screen time can affect your sleep, mood, and concentration.
- Set limits on your screen time and take breaks to focus on offline activities.

Top Tips

- Think before you post. Would you say this to someone's face?
- Be mindful of your privacy settings. Adjust them to control who sees what you share.
- Don't meet up with people you only know online. Tell an adult if someone asks to meet.
- Report any online abuse or suspicious activity.
- Talk to a trusted adult if you're worried about something online.