Internet Safety

SAFETY
SAFETY EVERYWHERE
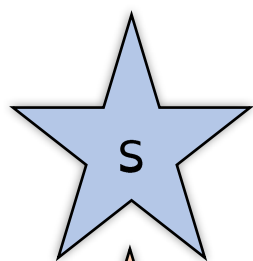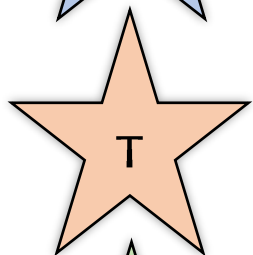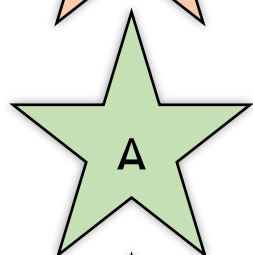
In this day and age, it is impossible to avoid the internet! That's why it is important to make sure we know how to keep ourselves safe when using it! The best way to do this is to follow the STAR system.

S — Safety

T — Trust

A — Action

R — Respect

SAFETY FIRST

Take Action
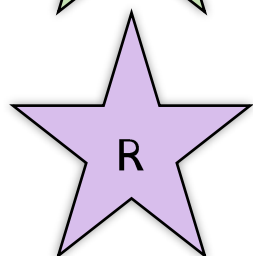
The internet is a great place to communicate with family and friends, share your interests and help with schoolwork. However, it can be difficult to know what is safe and unsafe to share. Hopefully, this booklet can help!

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TASK

Let's start with safety!

Look at the task below, circle all of the pictures you would share online.

full name	nude photograph	home address
school address	password	phone number 01234
underwear photograph	selfie	
	gaming	email address

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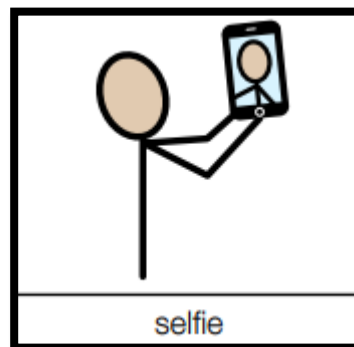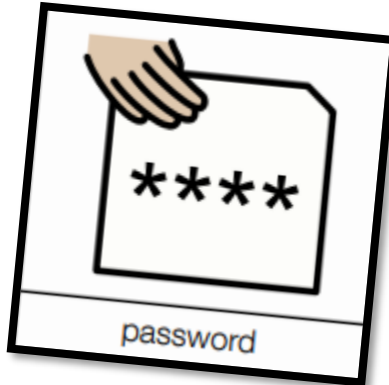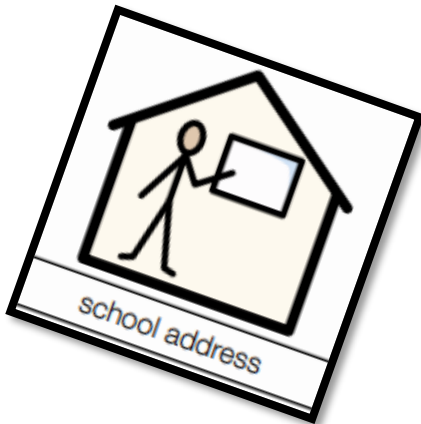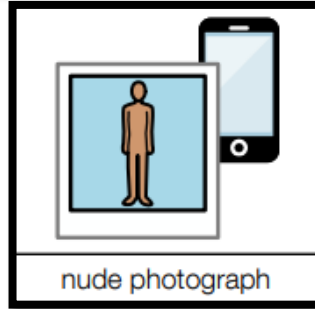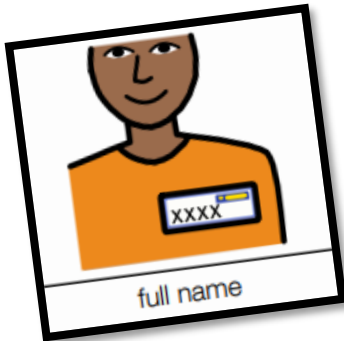
Let's have a look at the answers:	

full name

It is important to not share your full name online. This includes in usernames, emails, gamer tags! This gives strangers access to your online profiles if they search for you.

home address

Sharing your address online means that strangers could potentially find out where you live. Even if you share it on Facebook and you think only friends and family can see it – the internet remembers everything and strangers could access your profile!

phone number
01234

Your phone number is connected to everything these days – that's why it is important to not share it online. From your mobile number, strangers could find out where you live, go to school, your name plus much more!

school address

If you share your school or school address online, that means everyone on the internet knows where you and your friends go to school!
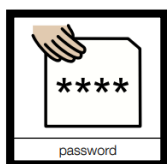
password
****

It goes without saying that if you share your online password online, everyone who sees that password will be able to access your personal information!
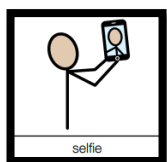
selfie

Sharing a selfie of yourself or with friends is okay to do – you just have to be smart about it! Make sure people can't work out your location from the image, or that personal information isn't on there! For example, an address or phone number visible on a pet's collar!

gaming

Sharing your gamer tag with friends is okay – as long as your tag doesn't have personal information like your full name or date of birth! Also remember that strangers who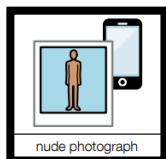 are much older can also find this gamer tag and add you. It is better to share this information with friends in person – not online.

nude photograph

underwear photograph

Sharing private and personal photographs of yourself should never happen, especially online. You are putting yourself in a very vulnerable position and it is illegal. These photographs could be shared online for the whole world to see. Not only would this hurt you and your family, once online it can't be deleted!
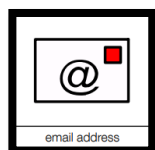
email address

It is okay to share your email address to friends and accredited online websites. However, remember that you should not include personal information in your email address, such as your birthday or full name.

⭐S Safety Tips

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1 **Don't accept friend requests from strangers.**
Make sure your profile is set to private so people you don't know can't find you online. Always tell a trusted adult if you get a request from someone you don't know.

5 **Limit your screen time**
Social media can be addictive and checking it all the time can stop you doing other things. Try to use your phone at certain times of the day and turn it off 30 minutes before going to bed.

2 **Never share personal information with people you don't know.**
Keep your personal information personal. Sometimes people online aren't who they say they are and may ask you to share things you don't feel comfortable sharing.

6 **Report inappropriate content**
If you see something on social media you don't like or it upsets you, you should report it through the social media app or to a trusted adult. You could also block the person who posted it.

3 **Don't share embarrassing photos or videos of others online.**
This could upset them and could get you into a lot of trouble. Always think twice before sharing something on social media. Treat others online kindly, as you would in person.

7 **Block online bullies**
Sometimes people may say nasty things online or post offensive comments on your pictures and videos. If this happens, tell a trusted adult who will help you block them and take further action..

4 **Never send naked pictures of yourself to others.**
This is illegal if you are under the age of 18 and you could get into trouble with the police. If you are being pressured by someone to do this, tell a trusted adult. Even if you think it is innocent fun, the photograph could be shared with others and you won't be able to control who sees it.

8 **Always talk to a trusted adult if social media is making you unhappy.**
Sometimes social media can make us feel bad about ourselves - you need to remember you are not alone in this! If you are feeling down, talk to someone you trust.

⭐ Trust

Now we have looked at safety, it's time to move on to the 'T' in STAR – trust!

Whilst online we can encounter a vast amount of information, photos, videos and messages from others. However, working out what we can trust, and recognising content which has been edited can be challenging. When engaging with others online and the content they have shared it is important to consider who they are, what their motives might be and if any key indicators of trust are missing.

What content can be misleading online?

Content shared which is incorrect, out of date, exaggerated or deliberately misleading.	There can be many examples of this type of content online, including everything from news stories people share without having all the facts, to factual websites which haven't been updated as new information is found. Some content is deliberately shared online in order to mislead people, such as fake news, some advertising, and extreme content.
Content with a price tag.	Sometimes it can be hard to tell if something will cost real money online or if it is actually an advert or sponsored content.
Content that has been edited.	Much of the content we see online will have been edited before it is posted. Sometimes this can be easy to spot but with photoshopping apps it is becoming more challenging. Content can be edited by cropping, using filters, altering part of the image to change someone's appearance or body shape and even to make someone appear to be in a different location.
Fact vs fake.	Online everyone can share their opinion but all too often these can be shared in a very authoritative way which can make them appear to be facts. Fact checking websites like **Snopes** and **Full Fact** can be useful tools to make sure you have trustworthy information.
Contact from people we only know online.	Not everyone we speak to online will have bad intentions, but it can be difficult to know for sure if someone is who they say they are and what their motive for contact might be. Due to the added anonymity the online world brings, it can be extremely easy for someone to mask their true identity or intentions and create a false perception of trust.

⭐ **Trust Top Tips**

❓ Clues to know whether something is trustworthy online...

☑ **Check the information is coming from where you expected.**
Is the website address (URL), email address or social media account from who you expected it to be?

☑ **Check you have heard of the organisation or person before.**
If an organisation you have never heard of before posts something online then it's hard to know whether to trust them. Check with other people if they have heard of this organisation before and if not then don't just trust what it says, make sure you check the information.

☑ **Check the information you're reading can be trusted.**
Is the information about what you expected, and can you find it on other websites as well?

☑ **Check if other people think it can be trusted.** Most online news stories and social media posts will have comments or reviews underneath them and if the information cannot be trusted then people will often comment saying that. You can also check by asking people you know and trust what they think.

☑ **Compare with what you already know.**
Sometimes we can read things online which make us question what we already know. It's great to learn new things but trust yourself if something doesn't sound right.

☑ **Check when it was posted online.**
Sometimes the things we read online can be out of date or old news stories which people have shared again.

☑ **Be careful with pop ups and competitions.**
If something appears on your screen without you looking for it or says you have won a competition, then ignore it and click the red cross to get rid of it.

👤 Clues to know whether someone is trustworthy online...

☑ **Ask yourself...have I met this person before?**
If not, then this person is a stranger.

☑ **Ask yourself...are they who they say they are?**
If someone says they go to your school or know someone you know then always check first with a trusted adult or by asking your friend.

☑ **Ask yourself...what are they promising or asking me?**
If they are asking you to do something like meet up or share personal information or images and videos, then tell a trusted adult.

☑ **Ask yourself...are they putting pressure on me?**
A good friend will never pressurise you into doing something you don't want to do. It's important to tell a trusted adult if this ever happens online.

☑ **Ask yourself...should I do this just because someone else has?**
Just because someone else does something online like sending a picture of themselves, it doesn't mean you have to do this as well.

☑ **Ask yourself...do I have to reply to a message from someone I don't know?**
If you get a message or request from someone new or that you weren't expecting then you can ignore it, block and report. You don't have to reply or accept the request.

☑ **Ask yourself... are these images or videos edited?**
Lots of people edit their images and videos online and this can make them look different or their lives appear to be perfect.

Trust Summary Quiz

Complete the quiz by reading each question and choosing A, B or C. When you have finished use the attached sheet to add up your points for each question to generate a score. Take a look at the advice box depending on what your score is.

If this happened online, what would you do?

✔ **Tick A, B or C**

1. You see some online news stories which say that the world is ending in 1 years' time. What do you do?

A I'd share it with other people to warn them.

B I wouldn't believe it and would just ignore it.

C I'd check this was true by asking someone I trust like a parent, carer or teacher.

2. You get a new message from a friend of a friend asking to meet up. What do you do?

A As it's a friend of a friend then I would meet up with them.

B I would always check with a parent or carer before going to meet up with someone.

C I'd just ignore their message.

3. You've seen that everyone looks perfect online but when you see them at school or clubs they look quite different. You're not sure why. What can you do?

A I'd ask them why their pictures are different so I could find out something new.

B I would ask a trusted adult to help me think about why they might look different.

C I'd tell them off for posting pictures which look different.

4. You see a news story online which says some unkind things about people from other countries. What do you do?

A I'd start saying those unkind things myself and share the stories I'd read.

B I would show an adult I trust and learn how to make a report online.

C I'd ignore the stories because you shouldn't be unkind to others.

5. You get a message from someone saying you've won a competition and need to give them your address so they can send you your prize. What do you do?

A I'd send them my address so I can get the prize.

B I'd ignore the message because I don't know them.

C I would ask a trusted adult to help me check if this was a real competition.

6. You've got some new friend requests from people you haven't met before. They all look really friendly and have lots of followers. Do you accept their requests?

(A) I'd ask a parent or carer to help me decide if it was safe to accept them or not.

(B) I'd accept them all because I want to have lots of followers.

(C) I would ignore all of them because I don't know them.

7. You are going to be visiting a new town soon and want to see what it looks like. When you look at pictures online it looks perfect, but a friend tells you it's not very nice. What do you do?

(A) Tell your friend they are wrong and stop speaking to them.

(B) I'd ask someone I trusted to look at the pictures with me to see which ones might be real.

(C) I wouldn't be sure whether to believe my friend or the pictures I've seen online.

8. You know how to charge your tablet but when you search online it says you can charge it in the microwave. You have never heard this before. What do you do?

(A) I'd put my tablet in the microwave to see if it worked.

(B) I'd still use my charger.

(C) I'd show a parent or carer and ask them if they thought it would work before doing it.

9. One of your followers on social media always writes nice things under your pictures. Recently they have started sending private messages asking to be friends and now they are putting pressure on you to do things you don't want to do. What do you do?

(A) As they are my friend, I would do the things they ask me to do.

(B) I'd stop replying and stop using the app they are messaging me on.

(C) I'd block and report them and tell an adult I trust like a parent, carer or teacher.

10. You're worried your pictures aren't as good as everyone else's online. Other people's selfies always look so perfect and now you are worried you can't post any more pictures in case people laugh. What can you do?

(A) Stop posting pictures of me in case people laugh.

(B) Talk to someone I trust about how I'm feeling, like a parent, carer or teacher.

(C) Even though I feel worried, I'd still keep posting selfies.

My score

If you scored...

Quiz points

1	A=1	B=2	C=3
2	A=1	B=3	C=2
3	A=2	B=3	C=1
4	A=1	B=3	C=2
5	A=1	B=2	C=3
6	A=3	B=1	C=2
7	A=1	B=3	C=2
8	A=1	B=2	C=3
9	A=1	B=2	C=3
10	A=1	B=3	C=2

24-30 When it comes to trust you know what you're doing

17-23 Trust can be tricky, but you know what to look out for

10-16 When it comes to trust you're just getting started

☆ A Action

We have now looked at safety and trust. Now it is time to look at the 'A' in STAR – action!

You can see and engage with a whole host of content online, both intentionally and accidentally. Whilst the majority may be age appropriate, there is always the possibility of coming across something which leaves you feeling worried, upset or confused. When asked in a survey, young people commented on the best and worst things that happened online:

THE THINGS THEY LOVE:

Having fun

Making friends

Giving and receiving support

Videos and photos

The sense of community

Keeping in touch

Playing games

THE UPSETTING THINGS THEY FACE:

Self harm and suicide

Hate speech, bullying, fighting

Violent and obscene videos

Sexual approaches from adults

Animals being hurt

Being asked for nudes

Pornography

What should you do if you see something that makes you uncomfortable?

☑ Turn the device off or lock it.

☑ Turn the device over.

☑ Pause the video, game or song.

☑ Take a screenshot to show a trusted adult.

☑ Take the device straight to a trusted adult.

☑ Press the report or block button.

Whilst it is important not to continue engaging with something that is causing worry or upset, it is also important to balance this with 'saving the evidence'. This is where a screenshot is taken so it can be shown to an adult at a later date which is particularly important in incidents of cyberbullying.

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![Kineton High School logo]

Is it time to take a break? Decision Tree!

Are you still having fun?

Yes

No - it might be time for a break!

Are others having fun as well?

Yes

Do you have a sore head, eyes or tummy?

No

Yes - it might be time for a break!

Do you need the toilet or are you hungry?

No

Has an adult asked you to take a break or do something else?

No

Yes - it might be time for a break!

Have you been online for longer than an hour?

No

You might not need a break yet but you will do soon. Look out for the signs and ask a trusted adult for help if you're not sure when to take a break.

☆Respect

Time to look at the last step in internet safety. The 'R' in STAR – respect!

Communicating online can open up lots of doors and is a powerful way of keeping in touch with friends and family. However, not all interactions online will be positive. For some people, witnessing or being the target of unkind and hateful actions can be particularly hurtful. Whilst there is no single way to behave online, it is important to discuss the meaning of respect and why it is necessary. It is important to set boundaries and to treat others as you wish to be treated yourself.

Here are some top tips on how to be respectful online:

- Using kind and respectful language.
- Showing support through likes or positive comments.
- Asking for permission before sharing about someone else.
- Sharing advice or useful content.
- Being an upstander.

To be an upstander, someone who stands up for others online, isn't always easy. Often, young people are worried about becoming a target themselves, making things worse or simply not knowing how to help. It is important that you talk through these issues and are encouraged and empowered to know how to stand up or reach out when people are in need.

What happens if you are involved in some conflict?

- Taking some deep breaths or counting and only responding when you are feeling calm.
- Apologising if you have made a mistake or someone is offended by something you have said/done.
- Taking the conversation offline and having a face-to-face discussion.
- Finding a compromise that works for both parties.
- Agreeing to disagree.
- Changing the subject and moving the conversation on.

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Responding to Cyber Bullying

Cyberbullying is any form of bullying that takes place online deliberately and more than once. Cyberbullying differs from offline bullying in several ways. Most significantly, because it takes place online, the bullying can continue even when the young person is at home and in this sense might feel more inescapable. Cyberbullying may involve unkind comments, pictures or memes being shared or targeted at one person. It might also come in the form of excluding someone from online groups.

If you feel you are being cyberbullied, here are some steps you can take:

Nobody should have to experience online bullying	If you see or experience online bullying, tell an adult straight away	Save any evidence by taking a photo or screenshot	Use online reporting and blocking tools
Do not retaliate	Do not wait for it to stop or go away, take positive action instead	Never join in with any behaviour that could be bullying	If you feel like you have nobody else to talk to, contact Childline on 0800 11 11

✔

☑ **Being kind and supportive to friends**

Always treat friends online the same way you would offline. Being a kind and respectful friend will make both of you feel good.

☑ **Only sharing images and videos with permission**

It's important to always gain consent from others before posting something about them online.

☑ **Understanding boundaries**

Not everyone finds the same thing funny. Always STOP and THINK whether it might embarrass or upset someone.

☑ **Doing something nice for somebody else online**

Creating or sending something nice online makes people feel happy. This will make you feel happy too.

☑ **Avoiding peer pressure to join in**

Never feel pressured to join in with cyberbullying. A good friend would never make you do something you didn't want to do.

☑ **Taking control of your actions**

Avoid posting when you are angry or upset. If you see an argument online, stay calm and wait before doing anything. If you reply you might make things worse.

☑ **Reporting something mean**

If you see someone being bullied online or in need of help, be an upstander and go and tell an adult you trust straight away.

✖

☑ **Making unkind comments about someone else**

Saying mean things about or to someone is never okay. It can be very upsetting for the person on the receiving end.

☑ **Retaliating to a comment online**

If someone says something that you don't agree with or that makes you angry, avoid commenting back as this might make the situation worse. Leave the chat and take some time out to calm down.

☑ **Sharing something about someone else online without permission**

The other person might not want you to share something about them online, so always ask permission before sharing anything about someone else.

☑ **Sharing a funny or embarrassing picture of someone**

This might embarrass or upset the person. Always check and ask if they are happy for you to share it.

☑ **Believing you can say whatever you want online**

Hiding behind a screen does not give us the right to behave in a different way to the way we would behave offline. Avoid the temptation to respond in haste, especially if someone has made you angry or upset.

☑ **Insulting people online**

If you wouldn't say something to someone offline (to their face) then don't say it online. Always be respectful and don't use bad language or insulting words towards

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