Please start by writing the date and skill in your home learning workbook

<u>Wednesday 16th September 2020</u>

<u>To make notes on internet safety</u>

Before we begin, please answer these questions in your book.

1. How do you think you can be responsible online?
2. How many social media platforms do you access?
3. In how many ways can you access the internet? (For example phones, gaming console, laptop etc..)

This year, we will be making a poster about internet safety, surrounding the slogan

<div align="center">

'Think before you send'

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What do you think this phrase means? Write your answer in your book.

Watch this video about cyberbullying. (Cyberbullying: Create no hate)

For your poster next week, you will need to include some important information about why children at Garden Suburb should be careful about what they post online.

As I read through the information on the next page, please make notes about anything you want to include on your poster. You can use bullet points but aim to write in full sentences so you are able to clearly understand the information you want to include.

You may want to focus in on one of the following aspects of thinking before you share:

- What is cyberbullying and what to do if you are being bullied online
- Why you should not share private information online e.g where you live, where you currently are, the school that you go to
- Digital footsteps: how everything you share online is permanent and can be traced
- Asking for permission – why you should ask for permission and the law surrounding permission
- What someone can do if they see something worrying online – Childline / speaking to someone at school

People may behave differently online than they do in person - the large audience is invisible, so many feel protected by their screens. This can be a positive thing, like someone feeling more confident to open up and be themselves. But sometimes people will misuse social networks to shame and bully others.

Posting online is instant, public and more often than not, permanent. Once you post, you lose control of what happens to it - it only takes one friend to share it on their own profiles for it to be completely out of

your hands.. If you post abuse about anyone else online or if you send threats, you can be traced by the police without any difficulty. Every time you visit a website or make a posting, your internet service provider, Sky, BT or Virgin, has an electronic note of your activity. Even if you create an anonymous email address like Gmail, Hotmail or Yahoo, you can still be traced.

The digital world is the real world with real consequences, so make sure you always ask yourself the following before you hit send!

Will I feel good or different about it later?

Social media comes with one golden rule, don't post when you are angry. A split second of rage can have permanent consequences.

Why am I posting?

Is this something you really want to post, does it really reflect your personality and values? Don't follow the crowd or post just to gain attention, as you might not like the response you get back.

Would I say this in person?

No? Then don't say it online. Social accounts are managed by real people with real feelings. If you talk about someone online, think about whether you would feel embarrassed or ashamed if you saw them in person. If so, you may want to ask again, why am I posting?

Can this be interpreted differently?

Sarcasm and irony do not often transfer well into writing, especially in a short social media post. Think about how others may read it; could it be seen as offensive? Once it's out there you can't take it back. It is easy for any comments or posts you make online to be taken out of context and these could be damaging to you in the long term.

Am I being kind?

Treat others with the respect that you would like to receive yourself. If you read it about yourself, would it make you feel good? Perhaps you could include the phrase 'Create no hate' and discuss the impact that cyberbullying has in real life. 56% of young people said they have seen others be bullied online and 42% have felt unsafe online. Cyber bullying can happen 24 hours a day, 7 days a week and it can go viral very fast.

Is it really private?

People often excuse inappropriate posts based on the idea that the conversation is private, as it is on a private account. Consider how many connections you have, are all these people very close friends? Can you trust that each one of them won't share or talk about your post with others? Facebook statistics suggest

that the average young user has up to 300 online friends. This private profile suddenly doesn't seem so private at all.

Do I have permission?

You might find that badly angled photograph of your friend amusing, but the likelihood is that they will not. Be respectful of other people's privacy; don't share photos or information that will embarrass or humiliate someone.

Would I like me?

If you were a stranger looking in at your profile, what would you think? If most of your posts are in some way critical, unkind, offensive or negative, how do you think you are being perceived?

Is it legal?

In the eyes of the law, posting online is not the same as having an informal chat with your friends. Posting is publishing, just the same as if it was written in the newspaper. Even if your profile is private, you do not own what you publish - meaning anyone can use it as evidence.

Make sure you do not post anything that might get you into trouble with the law. Harassment, hate speech, threats of violence, ruining someone's reputation and pictures or comments suggesting illegal activity can all be used against you.

Some terms that you need to be aware of:

Harassment - This is the act of sending offensive, rude, and insulting messages and being abusive. Nasty or humiliating comments on posts, photos and in chat rooms. Being explicitly offensive on gaming sites.

Denigration – This is when someone may send information about another person that is fake, damaging and untrue. Sharing photos of someone for the purpose to ridicule, spreading fake rumours and gossip. This can be on any site online or on apps. We even hear about people altering photos of others and posting in online for the purpose of bullying.

Flaming – This is when someone is purposely using really extreme and offensive language and getting into online arguments and fights. They do this to cause reactions and enjoy the fact it causes someone to get distressed.

Impersonation – This is when someone will hack into someone's email or social networking account and use the person's online identity to send or post vicious or embarrassing material to/about others. The making up of fake profiles on social network sites, apps and online are common place and it can be really difficult to get them closed down.

Outing and Trickery – This is when someone may share personal information about another or trick someone into revealing secrets and forward it to others. They may also do this with private images and videos too.

Cyber Stalking – This is the act of repeatedly sending messages that include threats of harm, harassment, intimidating messages, or engaging in other online activities that make a person afraid for his or her safety. The actions may be illegal too depending on what they are doing.

Exclusion – This is when others intentionally leave someone out of a group such as group messages, online apps, gaming sites and other online engagement. This is also a form of social bullying and a very common.

We understand how difficult it is for children to talk about bullying. Whether it's happening now or happened in the past, Childline can be contacted 24/7. Calls to 0800 1111 are free and confidential. Children can also contact Childline online

If you have seen anything worrying online, or you are experiencing something yourself, please speak to a trusted adult at school. You could leave a note in your teacher's worry box, speak to the teacher or teaching assistant in your class or you can speak to someone else that you are familiar with. Speaking to an adult is the best way to get the support that you need and we are always here to help you.

Now that we have finished reading the text, check back over your notes.

<div align="center">Do you feel that you have enough information to add to your poster?</div>

If not, read over the text once more or with an adult, to ensure you have at least 3-5 key pieces of information to use on your poster.

For your self-assessment, I would like you tell me something you have learnt today that you didn't know before about being safe online.

I now know that...