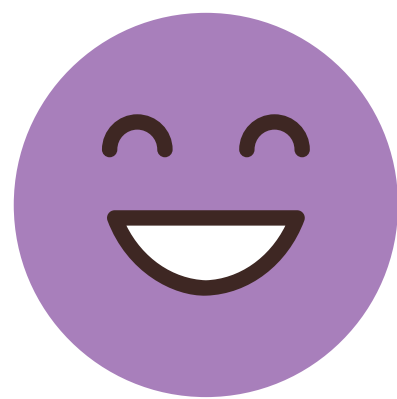


2BeSafe: Being Safe in a Digital World



Self Image and Identity

Your Feelings Online



Happy

Online activities should feel fun.



Worried, Sad, Scared, Uncomfortable, Embarrassed
Unkind communications can cause bad feelings.

People Online Aren't Always Real



People can use avatars or fake names to look and act differently than they do offline.

Signs of Trouble

- Mean messages
- Upsetting images
- People asking you to do things.



How to Get Help



A Trusted Adult

This is a parent, teacher, or family member you always feel safe with.



Speak Up Clearly

Explain exactly what happened and how it made you feel.



Don't Wait

Tell someone trusted as soon as possible.

Who to Talk to

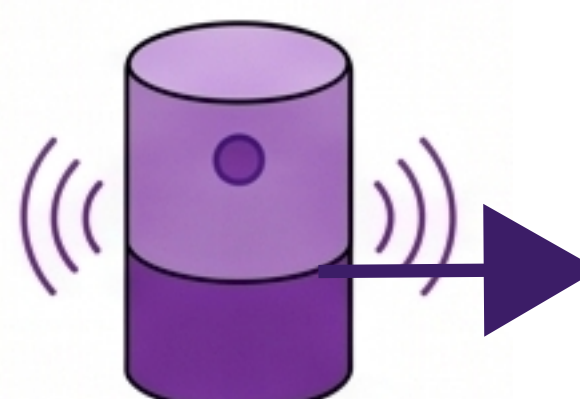
	Teacher or Staff	At school
	Parent or Family	At home
	Club Leader	At after-school clubs

2BeSafe: Being Safe in a Digital World

Managing Online Information

Tools for Finding Information

Electronic Devices



Remember:
Smart speakers
are not people.

Ways to Interact with Devices



Typing



Mouse
clicks



Touchscreen

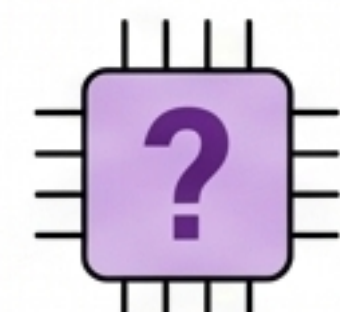


Speech

Real or Make-Believe?



True: real life -
really happened



Make-Believe:
created by
people or
technology like AI

Look out for clues:

Lem!!!!!!!!!!!!
@!!!!!!!!!!!!
!!!!!!!!!!!! types!
ma!!!!!!!!!!!!
4!!!!!!!!!!!! Types.

- Surprising or impossible?
- Lots of exclamation marks
- Poor spelling or wording
- Can you find the same information on trusted sites?

Why some
information
shared as true is
untrue:

- by accident
- as a prank
- to get attention
- to be unkind



Searching Safely



Use
child-friendly
search engines



Keywords
are clues

Browser feature

What it does



Home Button/ Logo

Takes you back to the main page of the site



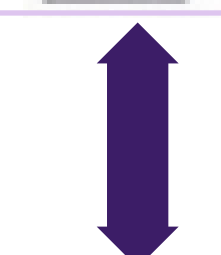
Back Arrow

Moves to the page you were looking at before



Tabs

Allows you to open more than one page at a time



Scrollbar

Used to move the page up and down

Your Helping Hand

A trusted adult is someone:

- you feel safe with
- you trust to make you feel comfortable
- you can turn to for help
- who cares for and respects you



2BeSafe: Being Safe in a Digital World

Copyright and Ownership



Rainbow painting

Tablet drawing

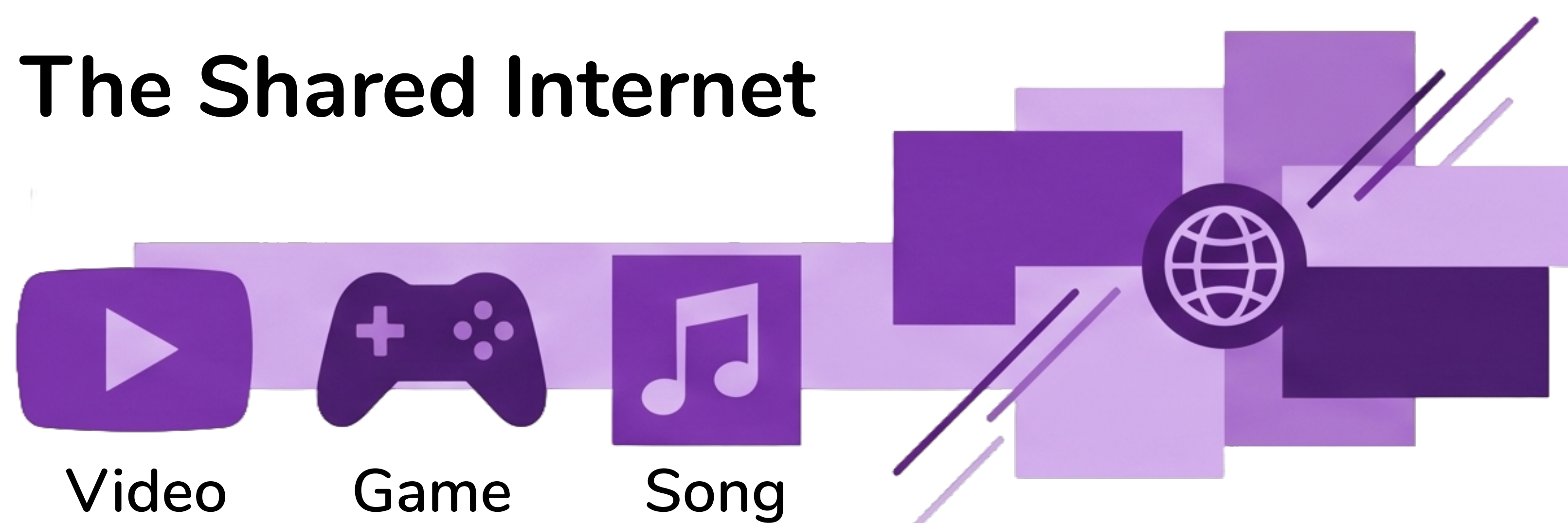
Things you make belong to you because you used your own ideas.

Put Your Name On It



Use your name in the filename so everyone knows it is yours.

The Shared Internet



Video

Game

Song

Every video, game, and song online was made by someone.

Borrowing isn't Owning



Borrowing

Friend's Picture

If you save a friend's picture, it still belongs to them.

Look for the Creator

Check for names on websites and books to see who made them.

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Online Relationships



What is Permission?



It means allowing someone to do something or being allowed to do something yourself.



When to Ask a Grown-Up

Always ask before watching videos, buying things, downloading games, or chatting with others.



Be Stranger "SMART"

Never give personal information.



Trusted Adults Can Help

Talk to parents, teachers or family members before clicking "Accept" or "Agree" online.

Sharing Other People's Information

Never share other people's information without permission. Unless not sharing would put them or others in danger.



Something is private



They might feel embarrassed about something being shared



It might have been something they only wanted you to see.

Being Safe and Kind



Kindness is Key

Our words online can make people feel happy or sad, just like in person.



It is OK to Say "No"

You have the right to refuse permission if a situation makes you feel worried.



Safety Choices



Video calling a family member

Yes (with an adult)



Sharing your address with a stranger



No



Asking a teacher before downloading



Yes



2BeSafe: Being Safe in a Digital World

Online Bullying

Being Kind Online

Say Nice Things



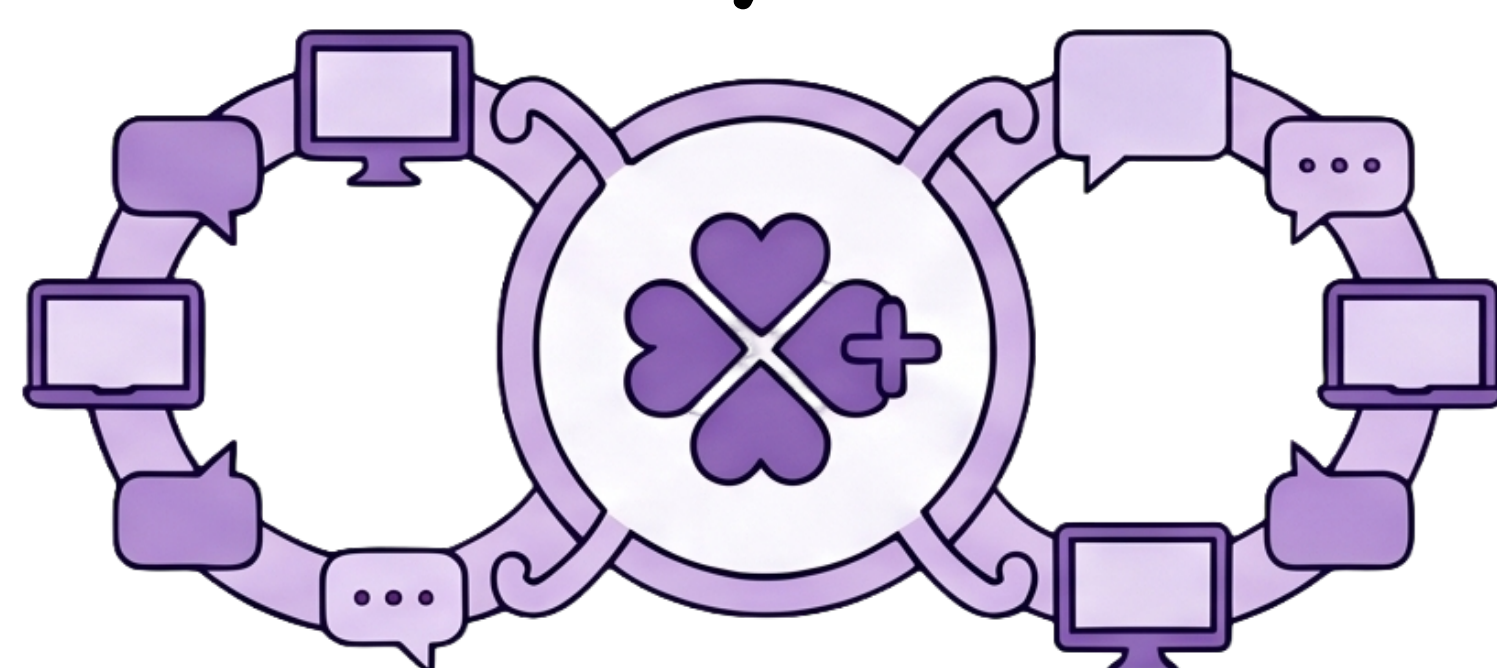
Use kind and happy words and smile emojis if talking with friends.

Play Fair Together



Be a good teammate and a good sport if you lose.

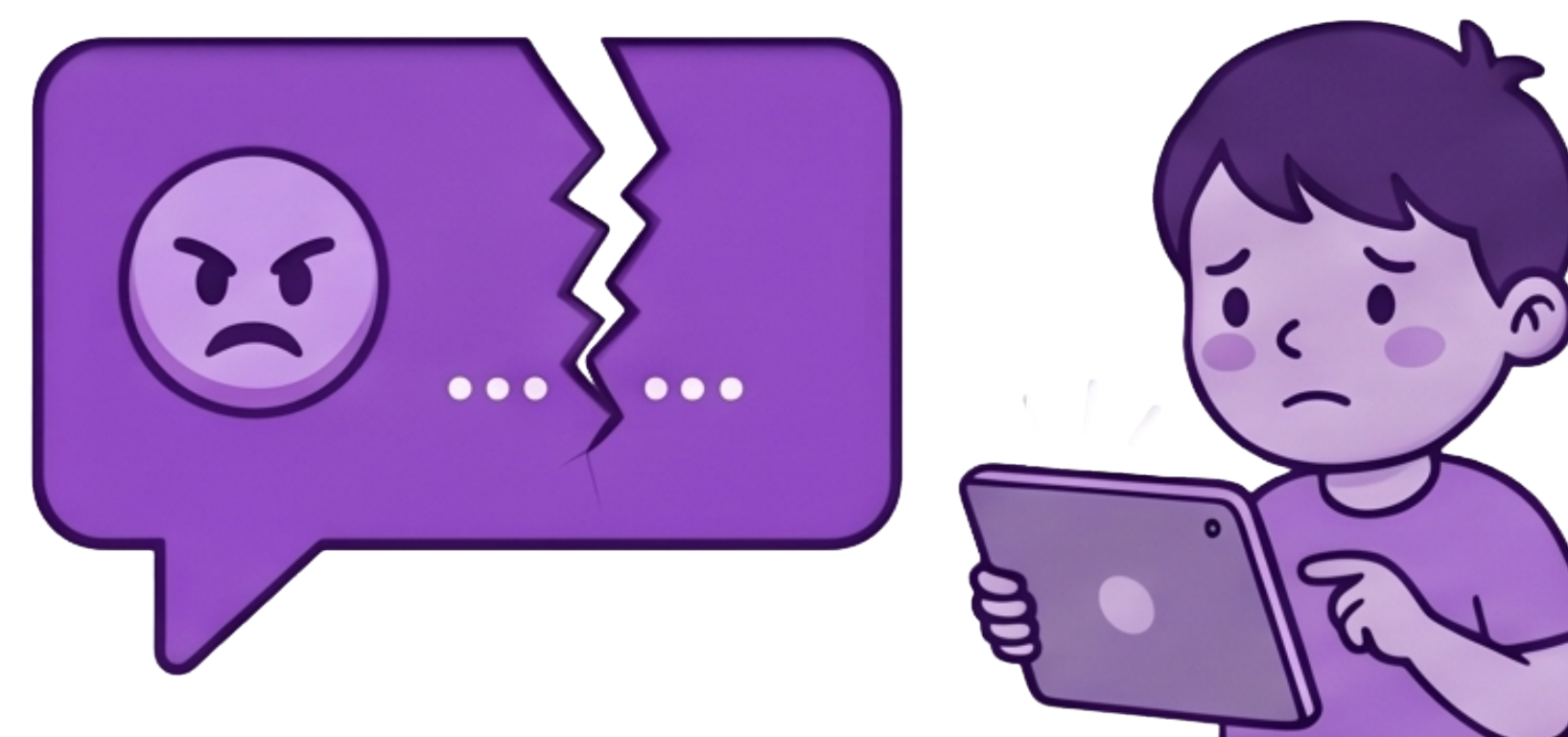
Include Everyone



Make sure nobody is left out when playing or chatting.

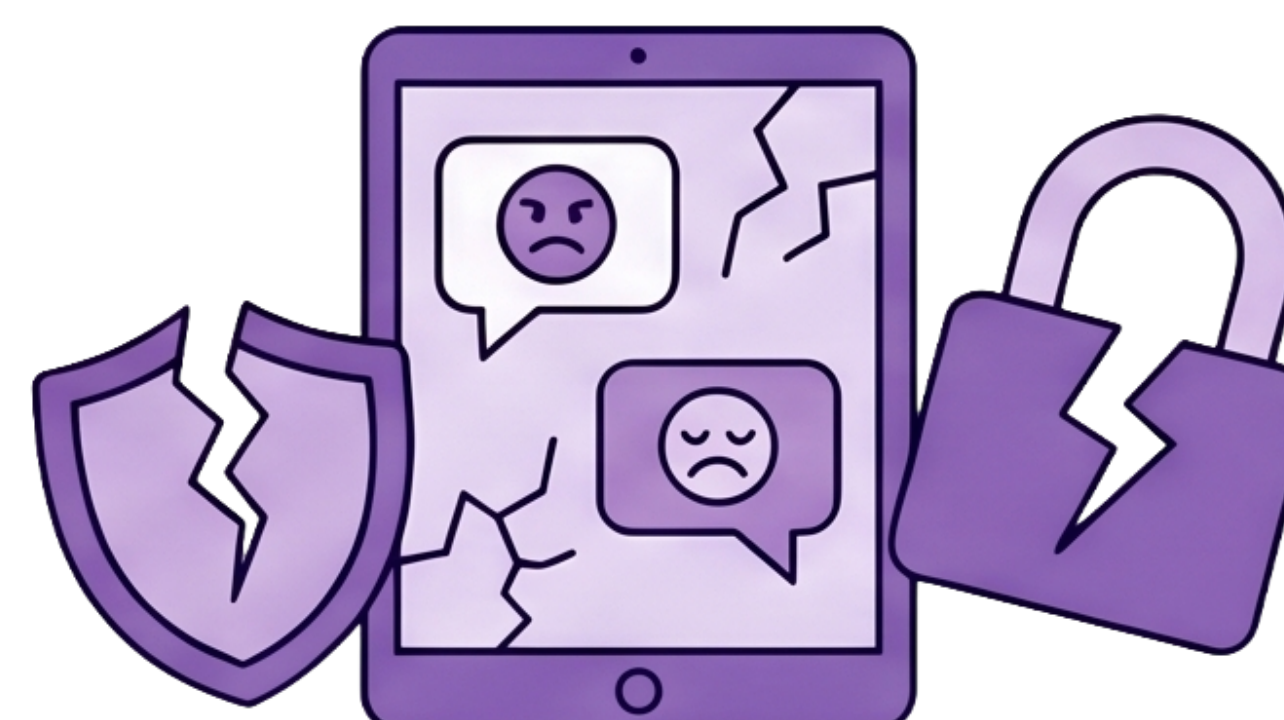
What is Online Bullying?

Repeatedly Unkind

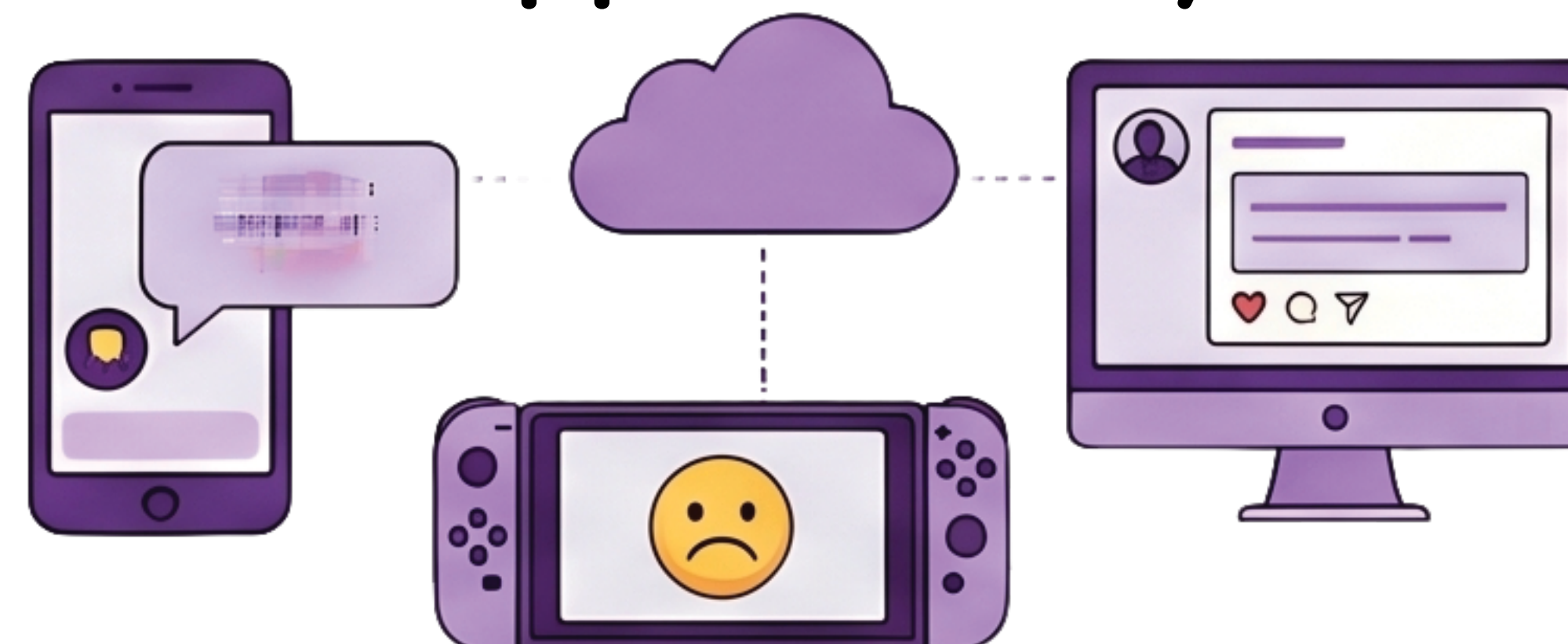


Repeatedly saying or doing mean things to another online.

Done on Purpose



It Can Happen on Any Screen



Messages, comments, phones, tablets, gaming consoles.

What to do?

Whose Fault?



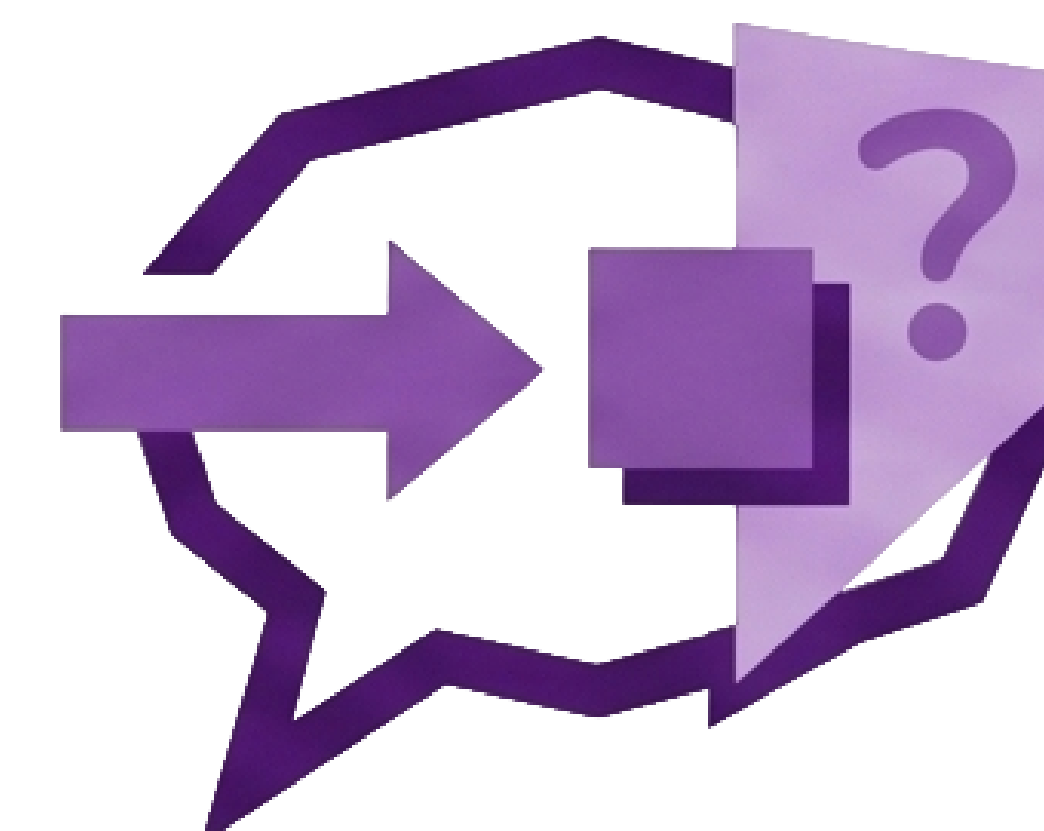
It is never the fault of the person being bullied.

Tell a Trusted Adult



Who are your trusted adults?

Stop and Think

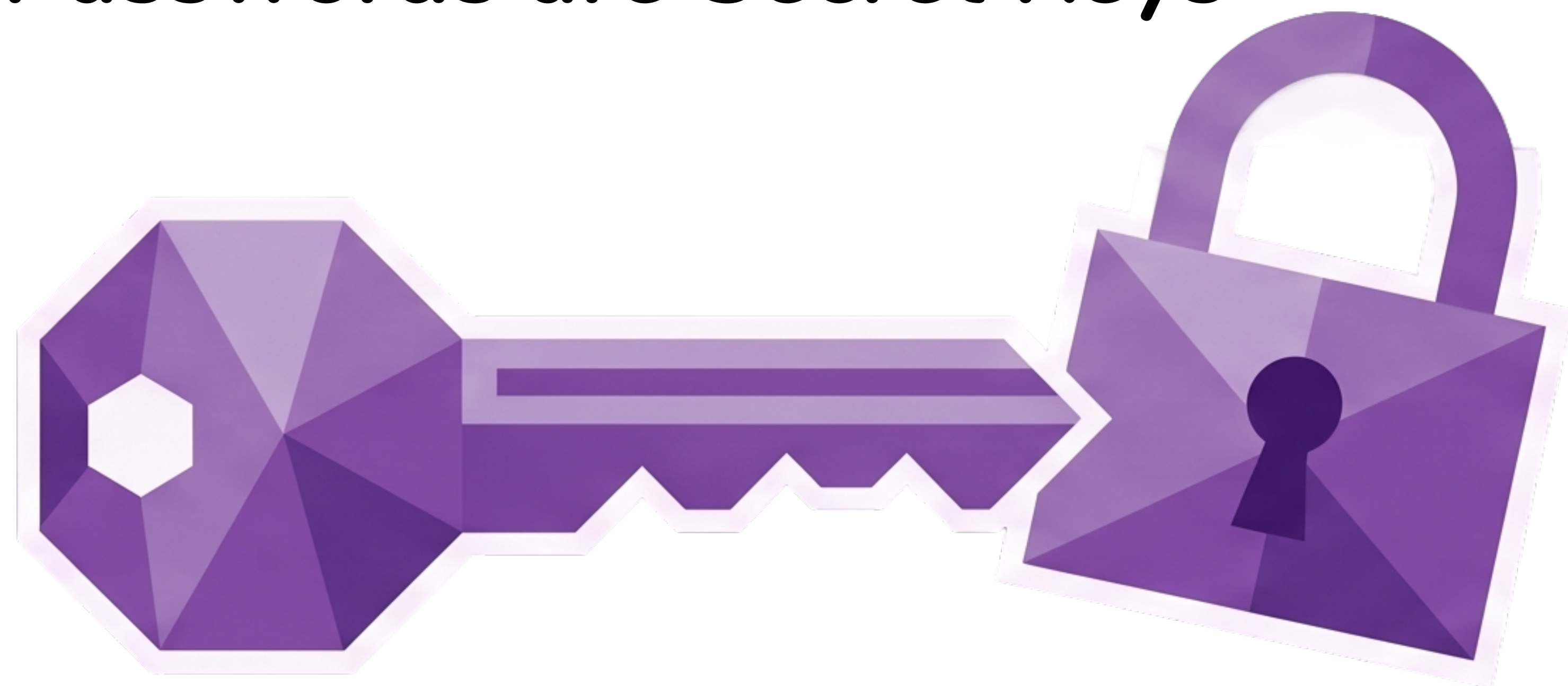


Before you do or say things that could upset others.

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Privacy and Security

Passwords are Secret Keys



A password is a secret code



It is like a key that unlocks your tablet or game.



Keep it private

Only you and your trusted adult should know your secret code.

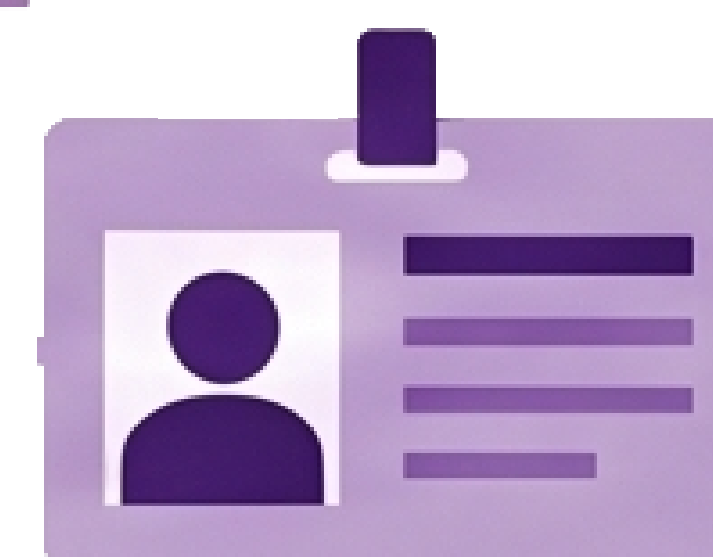
Make it strong!



Use big letters, small letters, and numbers that are hard to guess.

AbZ5

Your Personal Information



What is personal?

Your name, school, birthday, address, location, photo

Always ask first!



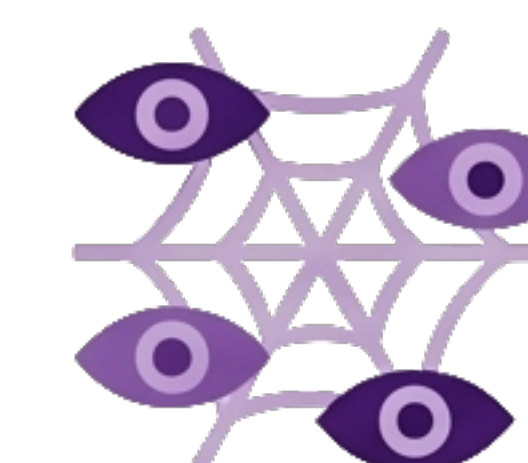
Check with a trusted adult before sharing information.



Stop and think



You never know who might see what you share online.



2BeSafe: Being Safe in a Digital World

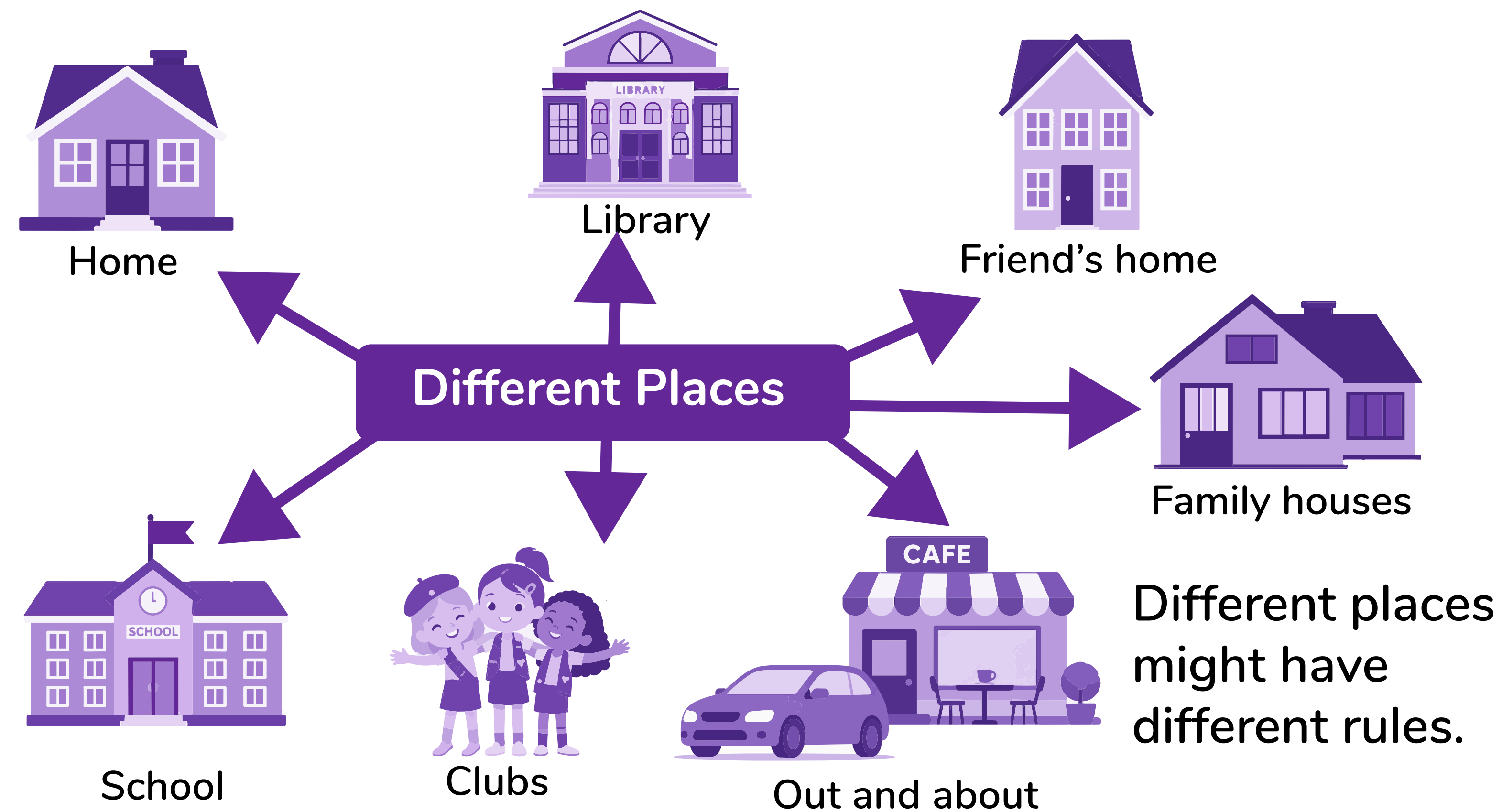
Health, Well-being and Lifestyle

Rules

Rules exist to keep us all happy and healthy.



Where we Use Online Technology

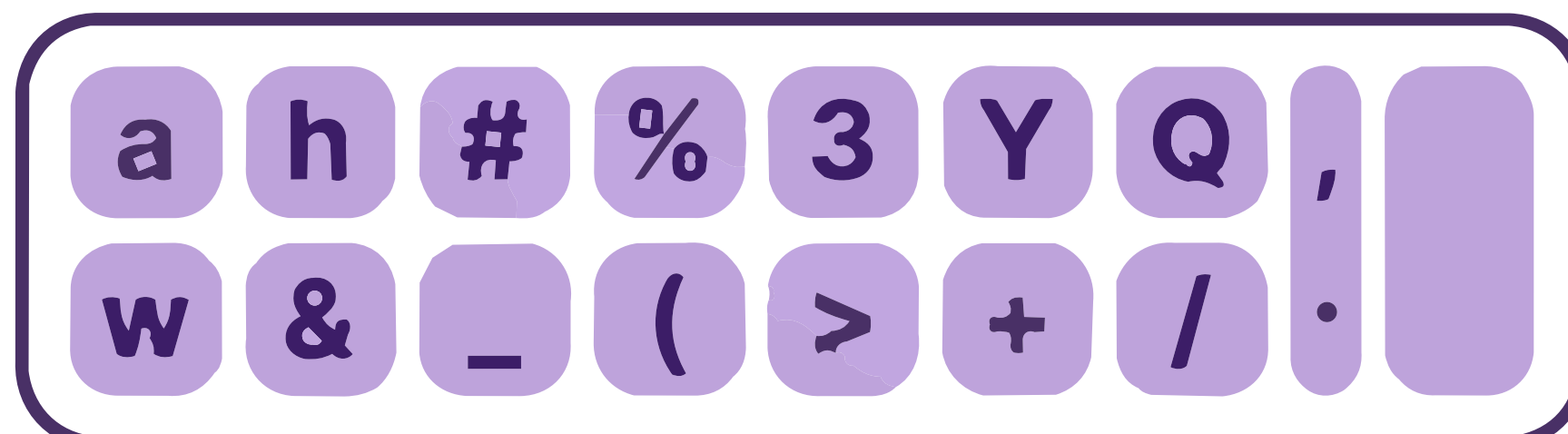


Ask an Adult



Always get permission before going online and check that you are allowed to do the things that you plan.

Keep Your Password Secret



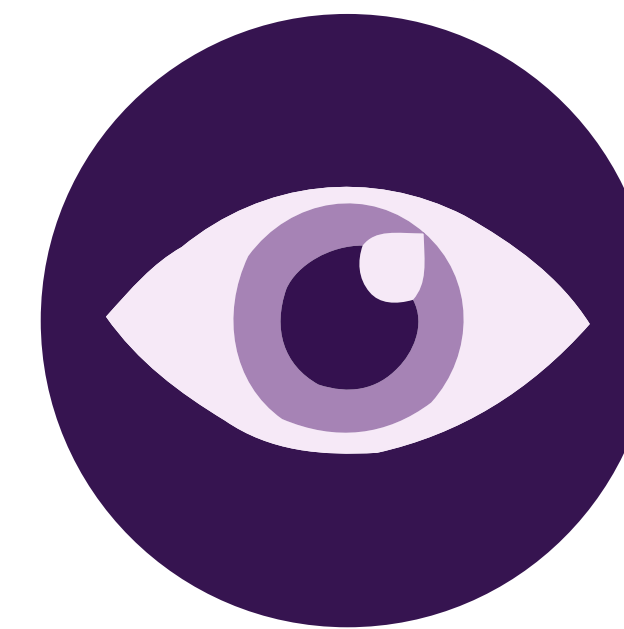
Don't share it with friends or siblings.

Use Equipment Safely



- Don't play with cables.
- Be aware of what is around you and on the floor if carrying equipment.
- Don't eat or drink while using equipment.
- Log off and switch off after using

Protect Your Eyes



Take breaks and make sure the lights are on.

Balance Your Screen Time

Too much time online can affect your sleep, mood and health.



Talk to a Trusted Adult

Tell a parent or teacher if something online makes you feel sad or scared.



2BeSafe: Being Safe in a Digital World



Online Reputation

The Internet Remembers



Online information stays forever

Once pictures, words and videos have been uploaded, they will stay online forever.



People can copy pictures that are shared

Others can save or screenshot what you share with them, even if you delete it.



Sharing “Publicly” means everyone

On sites like YouTube, anyone in the World can see your comments.

Keep Your Secrets Safe



Personal Information is Private

This includes your full name, home address, school and your personal photos.



Always ask a Trusted Adult

Talk to a parent or teacher before you post or share anything.



Use Your “Consent”

No one should put your photo online without you saying, “Yes,” first.

Keep Private		Why?
	Your Address	So strangers can’t find your home.
	Your School	To keep your school safe.
	Your Passwords	To keep your online accounts just for you.