

2BeSafe: Being Safe in a Digital World



Copyright and Ownership

Understanding Ownership

Creators Own their Work

People who make pictures, stories, videos or music own what they create.



Look for Symbols

The © symbol means work is protected by copyright law

What People Share



Videos



Songs



Artwork and written work

How to be Fair



Ask before you borrow



Always give credit



Use Creative Commons (CC)

Rule Name		Meaning
	Copyright ©	Belongs to a specific person or company.
	Creative Commons (CC)	Can use but must credit the author.
	Educational use rule	Sudents can use for schoolwork, but must credit the author.

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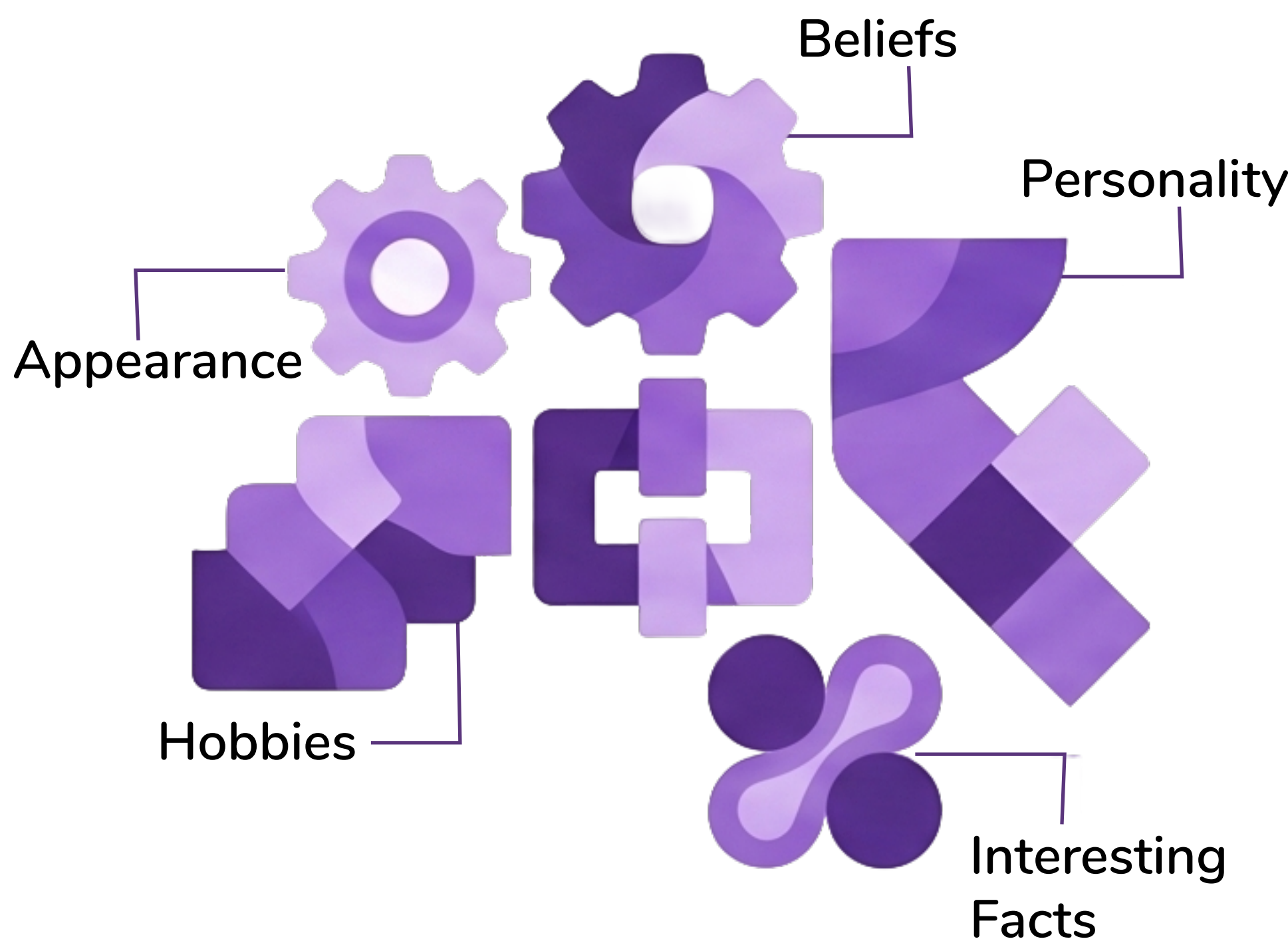


Self Image and Identity

Your Identity

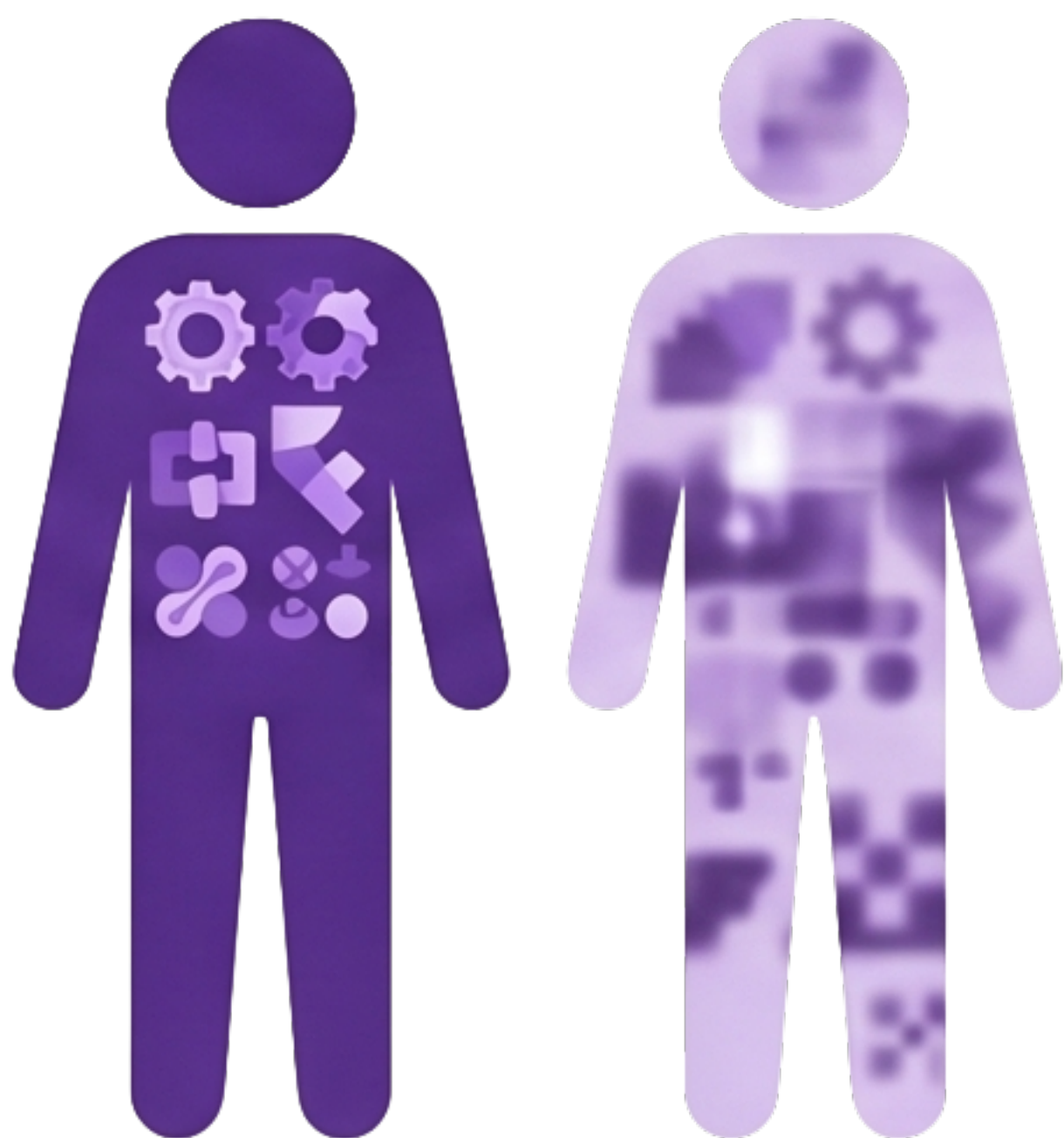
The Pieces of You

Your identity is made of your appearance, hobbies, beliefs, personality and interesting facts.



Offline

Easy to See



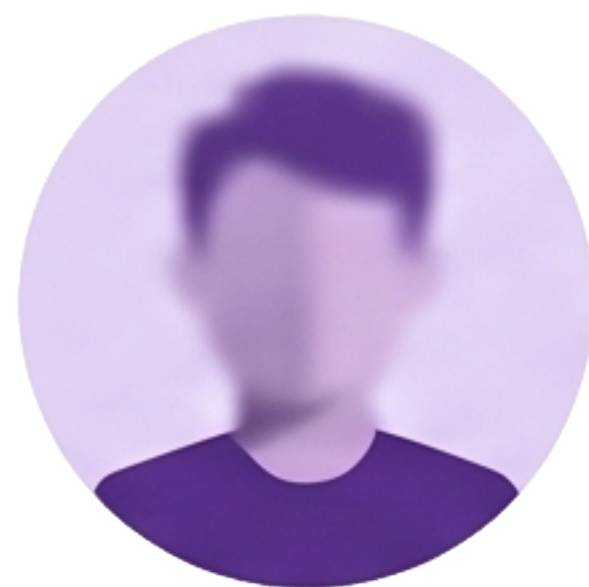
Online

Challenging
It can be challenging to understand someone's full identity.

Similarities and Differences

Identity helps everyone be recognised as individuals who share things in common but remain unique.

Representing Yourself Online



real photo



avatar

Stay Safe with Avatars
Use nicknames and avatars to keep your identity private.

Why Change Identity?

Positive Reasons



Gaming

To keep real identity safe e.g. use a gaming nickname and avatar.



Anonymity

To express feelings or problems without being identified; for support or to support others.

Negative Reasons



Cyberbullying

To anonymously bully someone online.



Anonymity

To express feelings or problems without being identified in order to make others upset or angry.



Crime

To break the law. For example, through scamming or phishing.



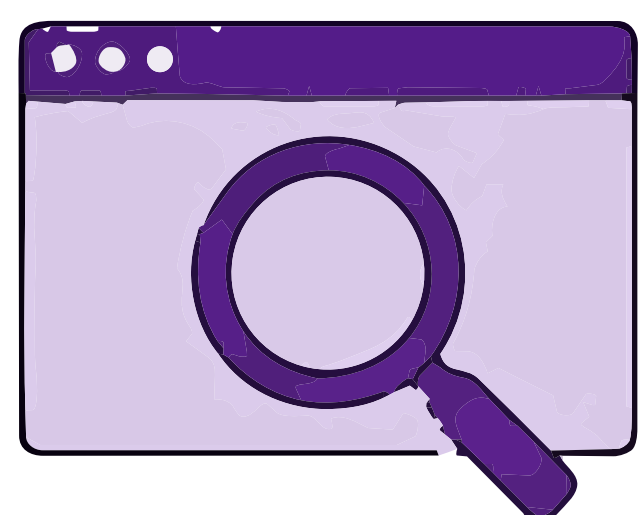
Impersonation

Pretending to be someone else, usually without their permission. Using their accounts for gain, using a fake account.

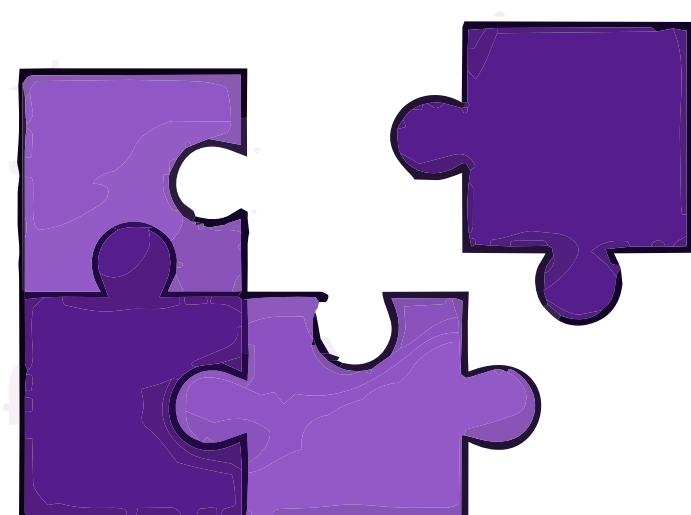
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Managing Online Information

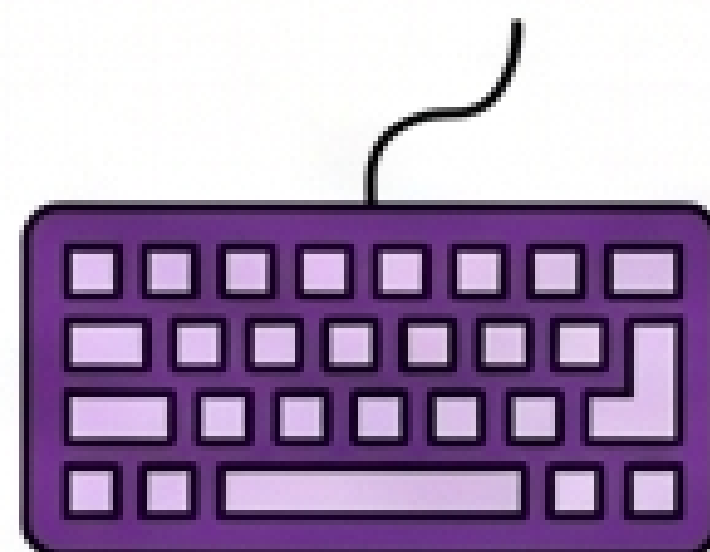
Search Like a Pro



Use a web browser and search engine. Look for child friendly searches and those that don't track or sell your data.



Use keywords and key phrases to pinpoint information.



Look at autocomplete choices to save time.

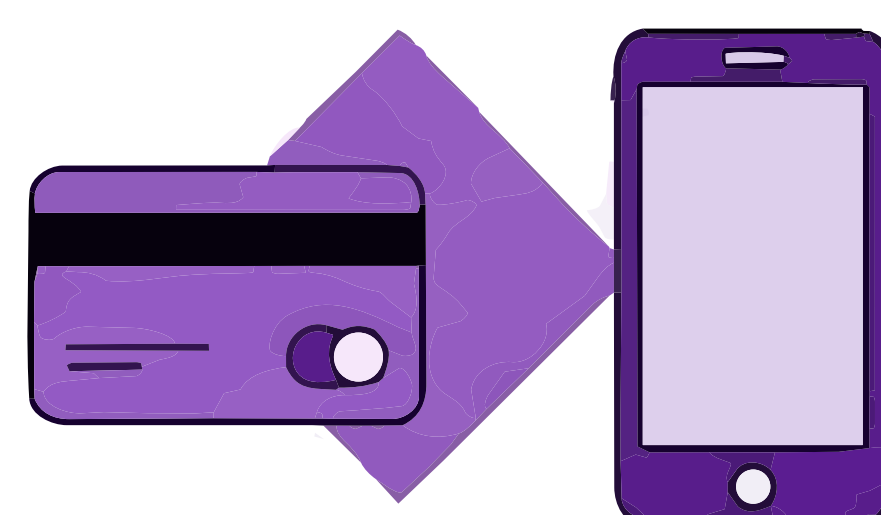
Money and Persuasion Online



Spot the Sales Tactics: Companies use pop-ups, in-app purchases, and limited time offers to pressure you into spending real money.

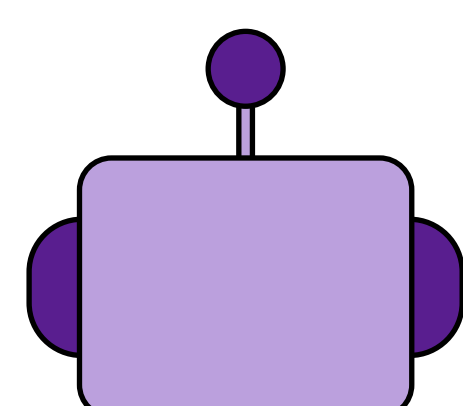


Persuasive Language: Look out for phrases like, "Hurry, sale ends soon", "Don't miss out", "Only 1 day left!" designed to make you buy quickly.



Digital Spending: Money for game credits or apps usually comes from a parent's saved account. It is real money.

AI, Bots and Feelings



AI is a helper, not a friend.



Know your trusted adults



Trust your gut

Lower Key Stage 2

Fact, Opinions and Beliefs

✓ Facts

Pieces of information that are always true, no matter what. Things that can be proved scientifically. Facts do not change unless they are scientifically disproved.

? Opinions

A person's feeling about something. People's opinions on a topic can be different from one another. You can change opinions.

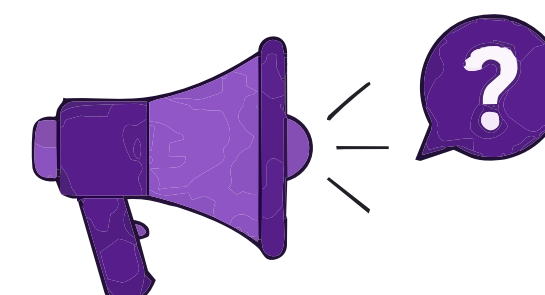
🛡 Beliefs

An idea that you trust and feel strongly about. Something that you think is true though you can't prove it. You can change your beliefs.



The Importance of Respect

Different people have different beliefs. Different people make different choices and have different things that are important to them. Everyone has a right to their own opinion so long as it does not harm others or spread misinformation about facts.



Popularity ≠ Truth

A story that is widely shared or keeps getting linked to does not make it true - always look at reliable sources and check a variety of sources. Fake news gains money for the authors through clicks and shares but shares misinformation and often causes harm and division.



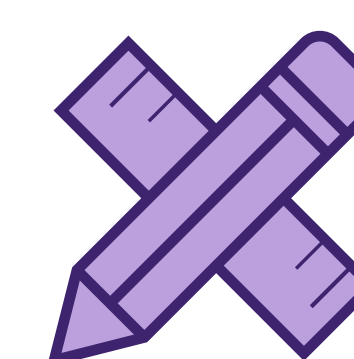
Confirmation bias

People like to read and watch things they already agree with. It is easier than being challenged by alternative views and accepting something new. Be open to a range of reliably sourced views and consider them in a balanced way.

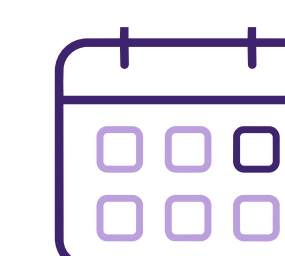
Accuracy Checklist



Accuracy



Design



Date



Cross Checking



Purpose



Links



Source



Author

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Online Bullying

Appropriate Behaviour Online



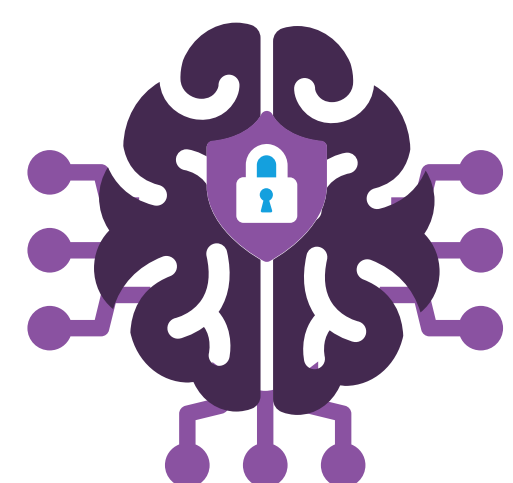
Be Kind and Respectful

Use empathy. Treat others how you would want to be treated.



Protect Personal Information

Keep private information private. Don't share personal information about you or others.



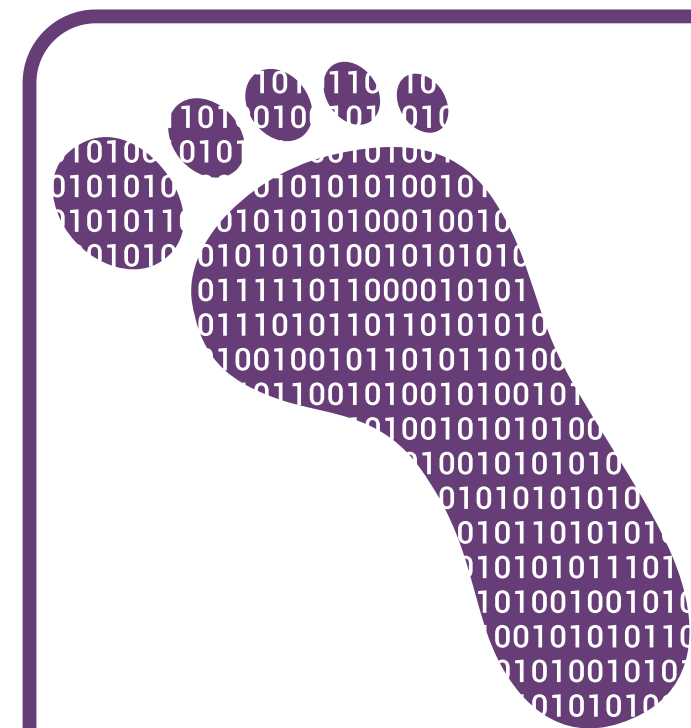
Think Before You Post

Avoid sharing anything that could be hurtful, embarrassing or inappropriate.



Tell a Trusted Adult

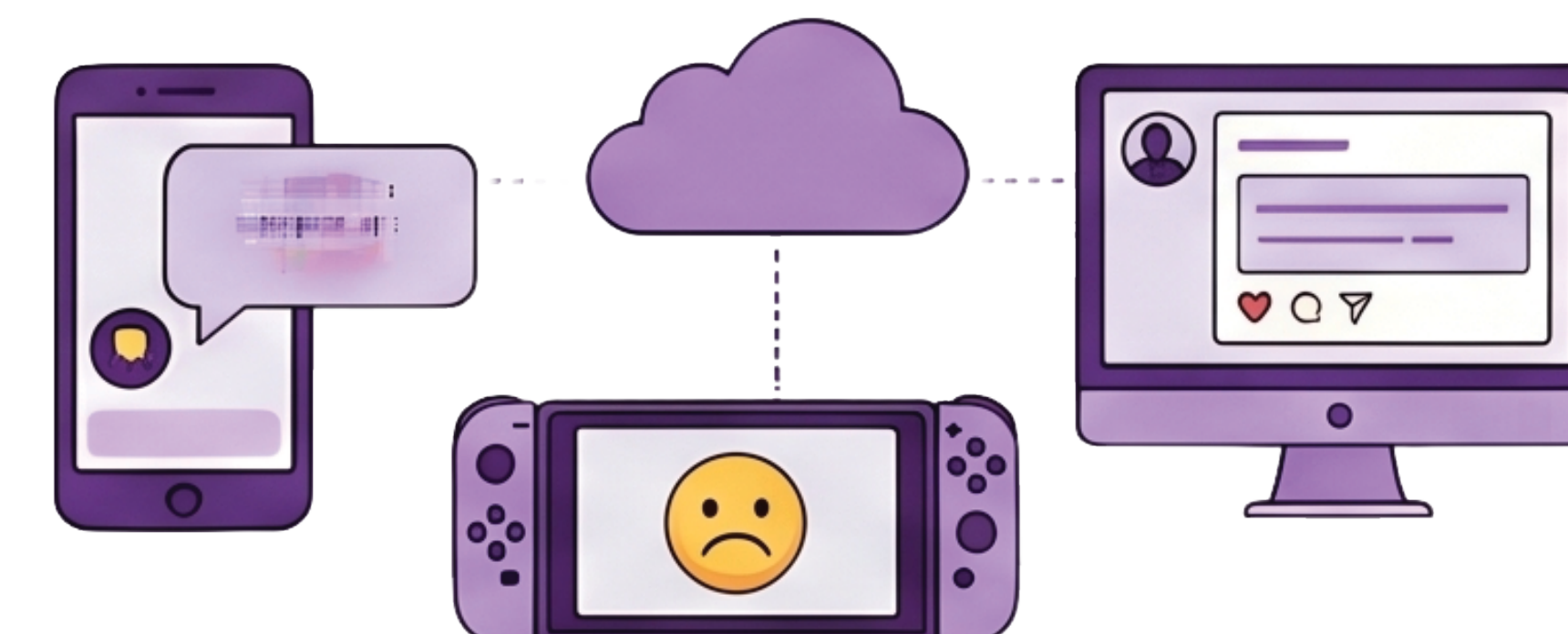
Know who your trusted adults are and never feel embarrassed to tell them everything, even if you have done something wrong.



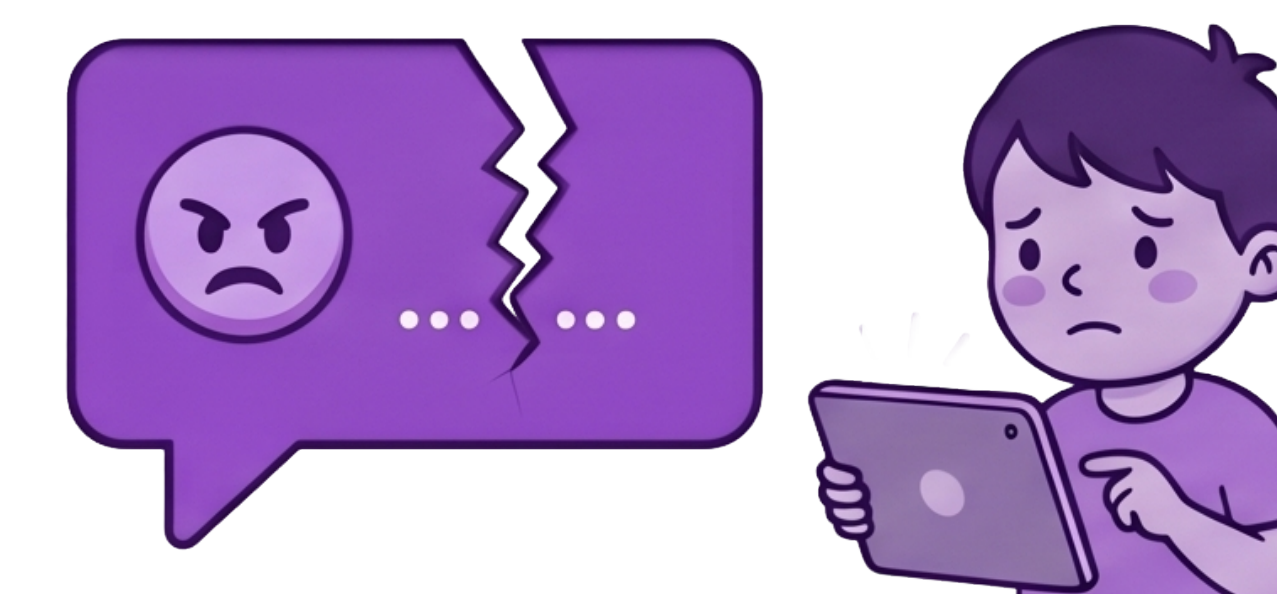
Once something is posted online, it can be difficult to remove it completely. This can affect reputation.

What is Online Bullying?

- Repeatedly unkind and done on purpose
Repeatedly saying or doing mean things to someone online.



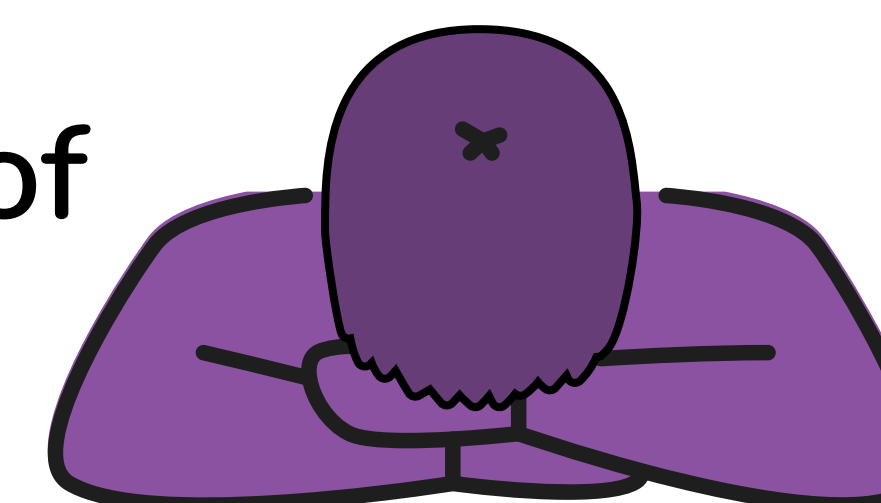
- Can happen on any screen
Messages, comments, phones, tablets, gaming consoles.



What to do?

Whose Fault?

It is never the fault of the person being bullied.



Tell a Trusted Adult



Stop and Think

Before you do or say things that could upset others.



Who are your trusted adults?

- School staff
- Parent
- Leader at club
- Sibling, good friend
- Grandparent

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Online Reputation



Searching the Internet

Choose a search engine



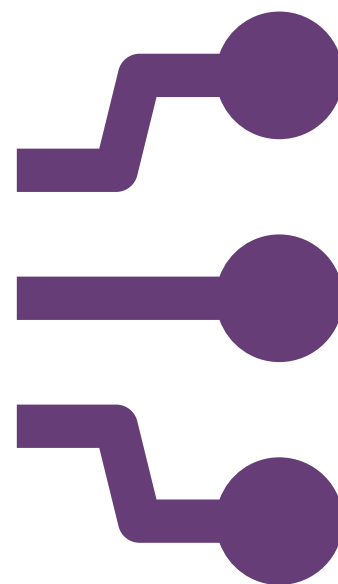
Choose non-tracking and child-friendly searches.

Enter search terms



Clear questions & key phrases pinpoint best information from the search engine's library of webpages.

Results sorting



The search engine sorts by best match and displays results.

People are searchable



Use this as an online reputation check.

Staying Safe and Private



What is Personal Information?

Private facts about a person. It includes full name, home address, school and your date of birth.



Always ask a Trusted Adult

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



Create a Username

Choose a username taht doesn't link to your name. For example, "CoffeeBean246"

Keep Private		Why?
	Your Address	So strangers can't find your home.
	Your School	To keep your location private.
	Your Passwords	To keep your online accounts just for you.

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Privacy and Security



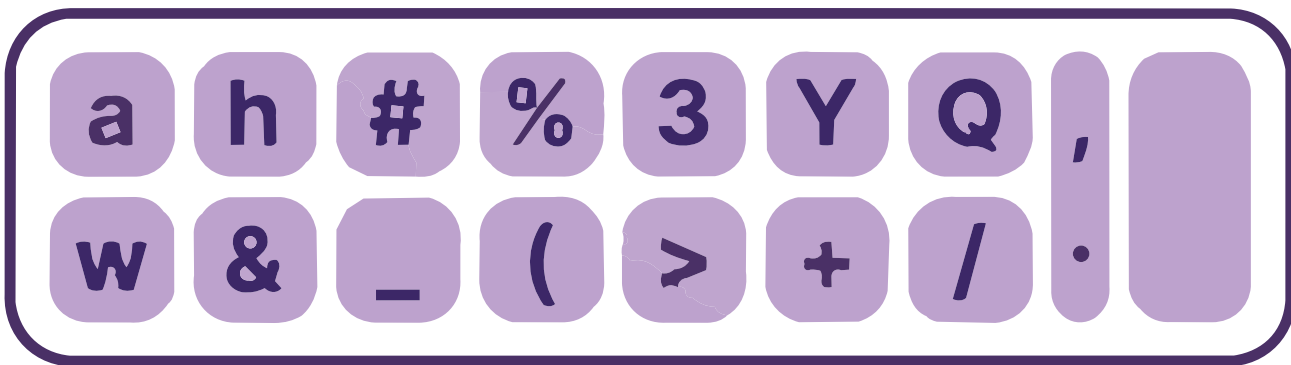
The Power of Passwords

Your Digital Padlock



A password is a secret code that keeps your things safe and private online.

Make it Unbeatable



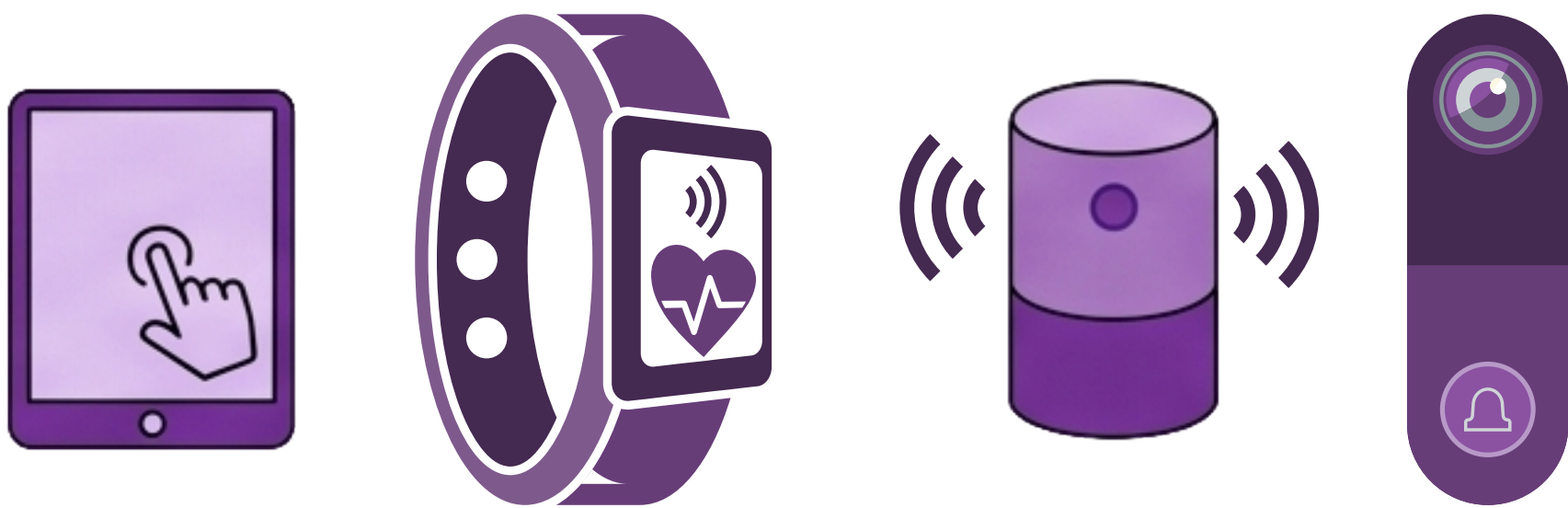
Make it at least 12 characters long using a mix of letters and symbols. Don't use the same password for different things.

Keep the Secret



Never share your password with friends, only a very trusted adult should know it. For example, a parent who monitors your device or helps with homework.

Connected Devices



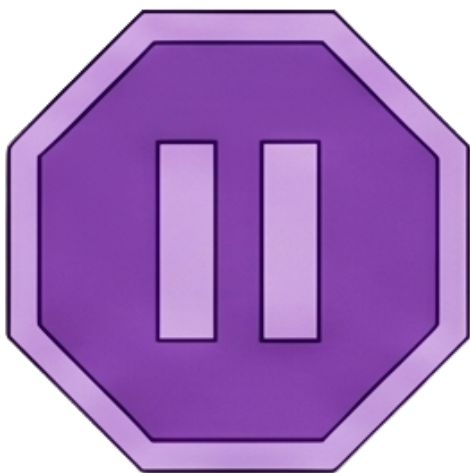
Devices that connect to the internet can collect and share your information. This could be used to target you with adverts.

Sharing and Trust



Private Information

Your real name, address, location and birthday are special; keep them private. For example use nicknames.



Stop and Think

Think before sharing anything with a stranger; do not share identifying information.



Ask a Trusted Adult

Talk to your trusted adults if you feel pressurised or unsure.

Digital Age of Consent



Age 13 in the UK. It protects your private information from being shared or stored.

At 13 you have control over sharing and storing your information:

- Decide if a company or organisation can use your information.
- The right to know what information is collected about you.
- Can ask companies or organisations to correct or delete the information they hold.



Who is Watching?		Why?	
	Parents & Teachers		To keep you safe and help you make good choices.
	Apps & Websites		To collect information for adverts or to remember your scores.
	Online Strangers		Can see anything you share publicly. Could be used negatively.

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Online Relationships



Principles of Sharing

Permission: Always ask for permission from anyone involved. Show respect of their privacy.

Privacy: Don't share private things such as personal information about yourself or others.

Respect: Be considerate of other people's preferences. Is there any chance of embarrassing or upsetting anyone?

Safety: Is it safe to share the information? Ensure you are not putting yourself or others at risk.

Guarding Your Information

Personal Information is Private
Full name, home address, school, passwords

The "Trusted Adult" Rule
Ask before joining new games, talk if you feel uncomfortable about anything

Use Safety Tools
Report and block, ask for support.

Trust, Respect and Feelings

Liking Vs. Trusting, Online
Liking a celebrity or influencer does not mean that you know them well enough to trust them.

Ask Before Sharing
Always get permission from friends before posting photos or videos of them online.

Words Have Real Impact
People can be hurt by things online, even if they are shared as jokes or for fun.

Changing Your Mind on Trust

You can change your mind about someone for several reasons...

because you fall out of friendship.

because they did something to make you feel nervous, worried or uncomfortable.

because you grew apart.

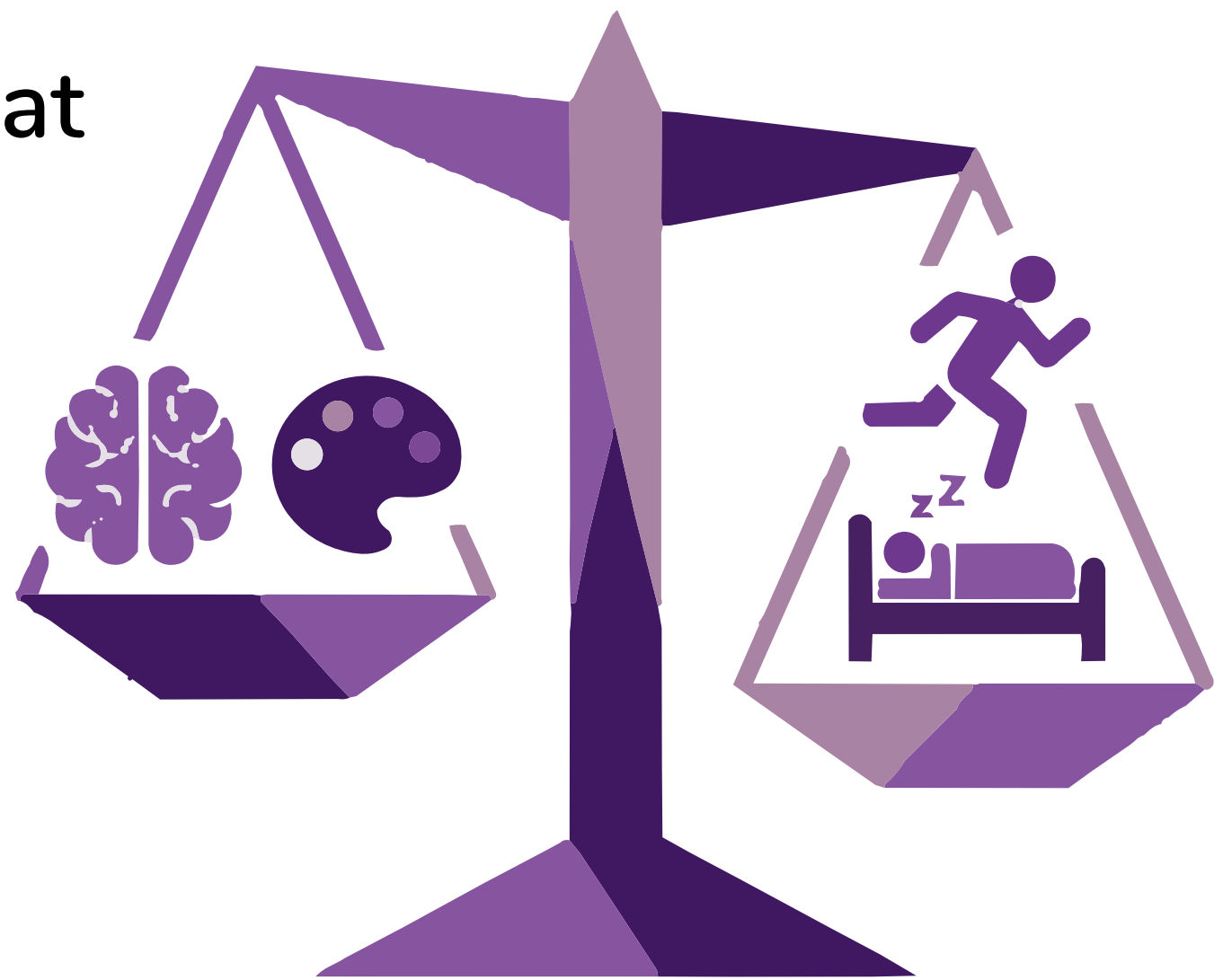
because they broke your trust.

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Health, Well-being and Lifestyle



Technology is great for learning and creating, but shouldn't replace exercise or sleep.



Mood



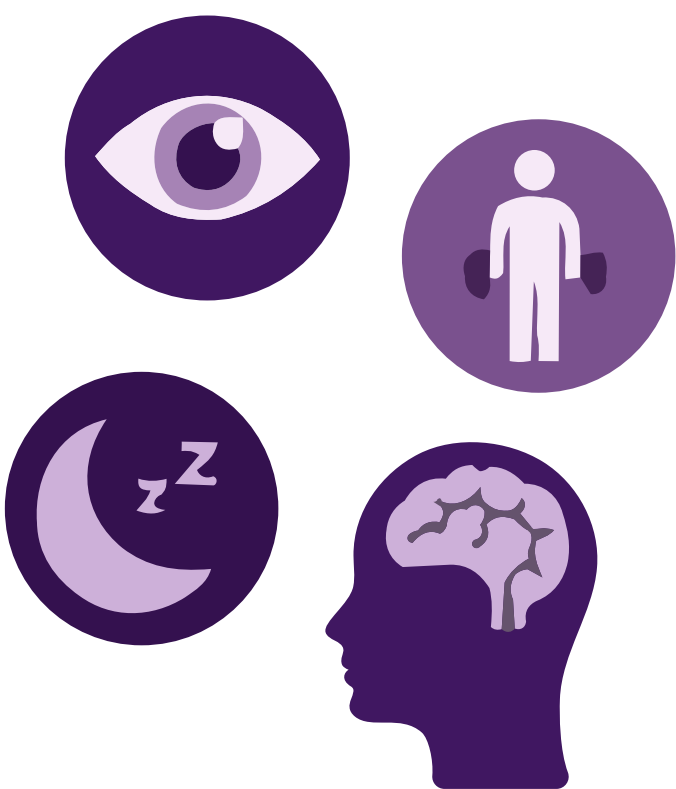
Winning or losing online games can make you feel very happy or very sad. It can also affect how you treat people offline.

Relationship balance



Spending long hours on devices can mean less time talking, playing, and building relationships with family and friends.

Health and Growth



Too much screen time causes eye strain, tiredness, and affects ability to sleep. The lack of physical exercise also affect your health. Your brain needs sleep during darkness in order to help you grow and develop.

Positive and Negative Distractions

	Online Activity	Positive Impact	Potential Negative
	Learning	Helps with school topics and new skills.	Can cause eye strain if done for too long.
	Gaming	Can be exciting and fun with friends.	May lead to grumpiness or stop you doing important things.
	Communication	Connects you instantly to others.	Can distract you from mealtimes and sleep.

Being a Smart and Safe User

Respect Age Restrictions

Rating Symbol	What it Means
	Suitable for all ages and young children
	Parental guidance: might not be suitable for everyone
	Not suitable for those under 12

Use Time Management Tools



Set a countdown timer or plan your online time to keep a healthy balance. Ask others to help you limit your screen time.

Asking for Help



If you feel pressured to see something uncomfortable or are unsure about what you are doing, always talk to a trusted adult.

- A parent
- A carer
- A teacher
- A grandparent or relative you trust
- A club leader

