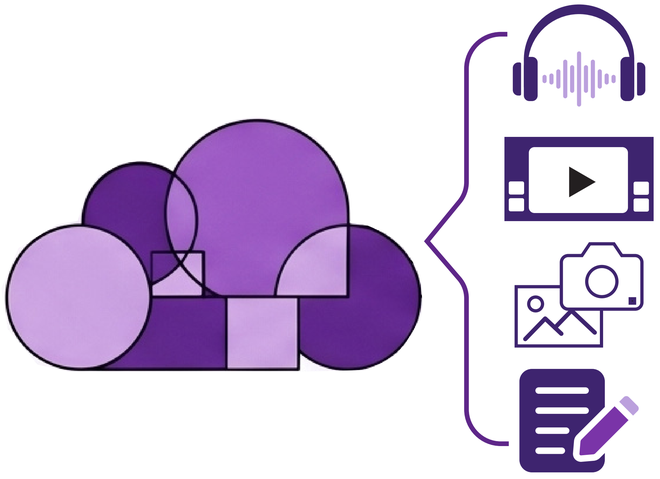
2BeSafe: Being Safe in a Digital World

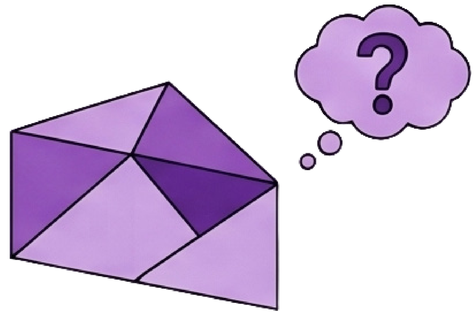
Copyright and Ownership

Digital Content is Owned



Pictures, stories and music on the internet belong to the people who created them.

The Chocolate Cake Rule



Just like asking for a slice of cake, you must ask before using digital work.

Why Credit Matters



Citing sources shows respect



Prevents plagiarism



Helps others find the original work

Using Creative Commons Safely

Creative Commons (CC)

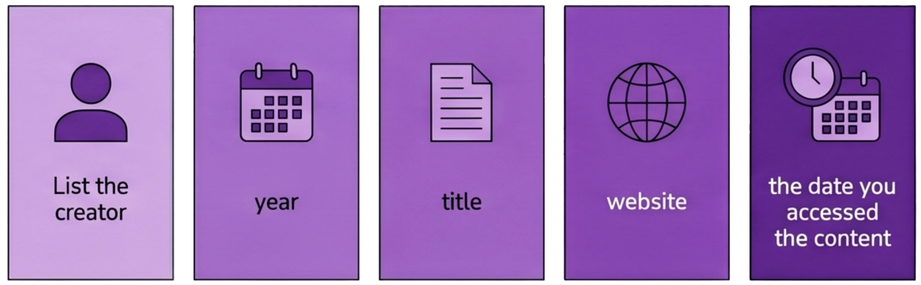


These licenses give you permission to reuse work, usually for non-commercial purposes.

Know Your Symbols

Symbol	Meaning	Rule
BY	Attribution	Must credit original creator
NC $	Non-Commercial	Cannot make money from use
PD	Public-Domain	Creator has given up all copyright

How to Attribute Work



Upper Key Stage 2

2BeSafe: Being Safe in a Digital World

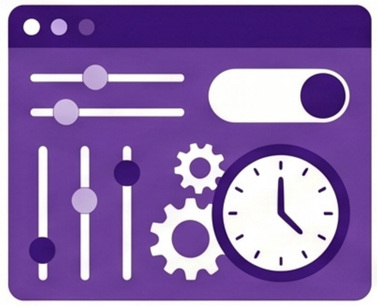
Health, Well-being and Lifestyle

Tools for Digital Health



Check the Age Rating

Look for symbols like U or PG to see if a game is suitable.



Master Your Device Settings

Use night modes and activity alerts. Turn off notifications. Be careful with in-app purchasing.

Talk to Trusted Adults



Always share concerns with a parent or teacher.

Recognise Persuasive Design



Features like 'streaks' and autoplay are designed to keep you online.

Health Impacts



Too much screen time causes eye strain, tiredness, and affects ability to sleep.



The lack of physical exercise also impacts health and sleep.



Your brain needs sleep during darkness in order to help you grow and develop.

Well-being Impacts



Online bullying and contact from strangers affects well being and safety.



Inappropriate content affects feelings.



Changes in emotions cause anxiety and can impact friendships.

Lifestyle Impacts



Screen time impacts on time spent with friends, being active and attending clubs.



Screen time can impact negatively on self-care.

Fact or Fiction?

- Use credible sites when searching for information.
- Fact check against other sites.
- Talk to others not just online sources.



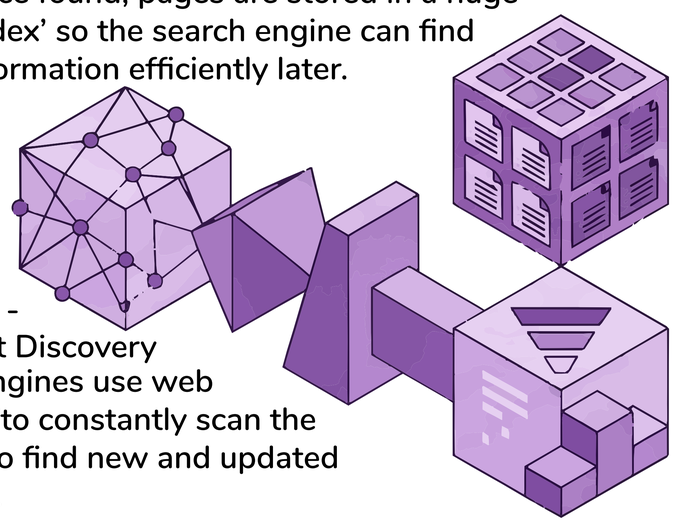
Upper Key Stage 2

2BeSafe: Being Safe in a Digital World

Managing Online Information

How Search Engines Work

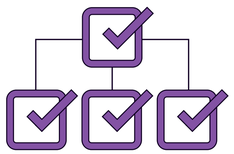
Indexing - The Digital Library
Once found, pages are stored in a huge 'index' so the search engine can find information efficiently later.



Ranking - Picking the Best Results
Results are ranked and displayed based on how well they match the keywords used to search, their quantity and how popular the site is.

Crawling - The Great Discovery
Search engines use web 'crawlers'to constantly scan the internet to find new and updated websites.

2BeSafe Checklist



Cross-Check Sources
Always check at least three different trusted websites to see if they all agree on the same information.



Use Child-Friendly Engines
Sites that show appropriate results and do not track your personal data



Flag and Report
If you see mean comments or scary content, use the platform's reporting tools and tell a trusted adult immediately.

Support Organisations

Organization	Purpose	
CEOP Specifically for protecting people online.	**Childline** Helplines and advice for children anytime.	**Kooth** Free, safe, and anonymous support.

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.

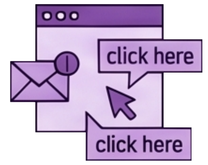
Opinions
A person's feeling about something.
People's opinions on a topic can be different from one another.
You can change opinions.

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.

Spotting Online Influence

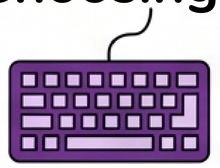


Organic vs. Sponsored Results
Organic results - found because they are relevant
Sponsored - ads paid for by companies.



Persuasion, Manipulations and Influence
-Clickbait headlines
-Rewards to stay online
-Notifications
-Pop-ups
-Emotional language

Choosing your Search



Keyboard search for Research
Return a wide range of sources, details and use filters.



Voice for Speed
Quick questions but only one result.



AI: Friendly but Fallible
Not the same as talking to a human and makes mistakes very confidently. Doesn't keep your secrets.

Becoming a Truth Detective: Importance of Skepticism



Evidence
Facts, proof



Emotion
Opinions, persuasion



Sources
Validity and reliability



Purpose
Fake news, conspiracy or misinformation?



Ask Yourself



Misinformation & Disinformation
Mis - sharing a mistake
Dis - sharing on purpose to trick or harm



Stereotypes
Judgements grouping individuals, often unflattering, can lead to mistreatment and sharing disinformation.

Upper Key Stage 2

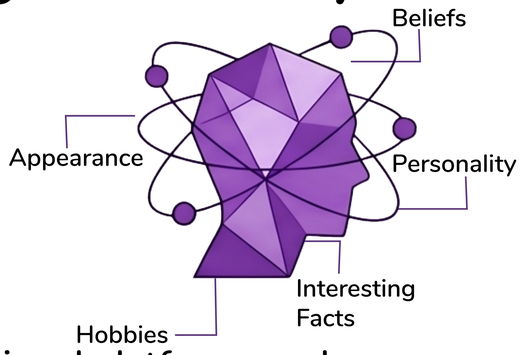
2BeSafe: Being Safe in a Digital World

Self Image and Identity

Managing Your Digital Identity

Formed by your online behaviour, interactions and the information that you share.

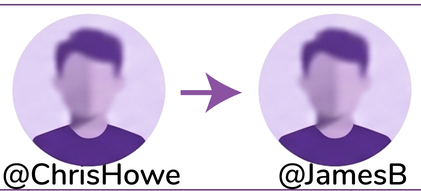
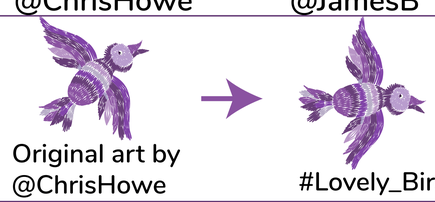




Use different identities for educational platforms and school-based platforms than you do for gaming to protect yourself.

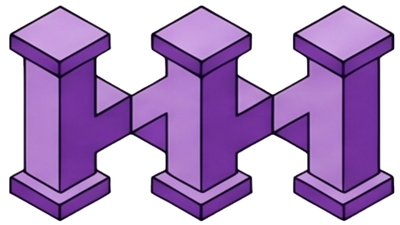
Copy, Modify and Alter

When this is done to trick others or steal content without permission or crediting the creator, it is not OK.

Copy	Use existing content e.g. someone else's image on a profile	
Modify	Adapt other's content and use it	
Alter	Alter someone's content and use it	 Original art by @JamesB

Equality and Respect for Others

Three Pillars of Equality



Fairness Same opportunities

Respect Treat others kindly

No Discrimination Not judging differences



Challenge Stereotypes

Harmful assumptions about groups based on gender, race, religion that ignore the fact that everyone is unique.



Evaluate content

Think critically. Check credibility, evidence, bias of the source.

Recognise online issues



Identify cyberbullying: Using online spaces to embarrass, upset or exclude others.



Inappropriate content: Anything making you feel scared, confused or uncomfortable.



Inappropriate contact: If a stranger or someone online makes you feel uncomfortable.

Getting Help



Online Safety tools: screenshot, report, block





Trusted Adults: Speak to a parent, teacher, school staff, club leader, older sibling, grandparent, or call Childline on 0800 1111 for help.

Support Organisations:

CEOP
Specifically for protecting people online.

Childline
Helplines and advice for children anytime.

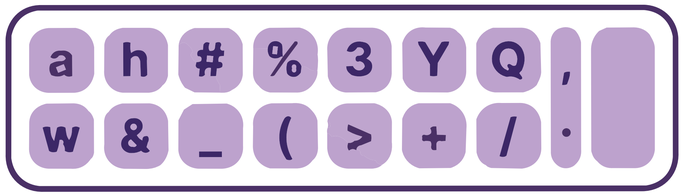
Kooth
Free, safe, and anonymous support.

Upper Key Stage 2

2BeSafe: Being Safe in a Digital World

Privacy and Security

Mastering Your Passwords



Make it at least 12 charaters long using a mix of lower and upper-case letters, numbers and symbols. Don't use the same password for different things.

Act Fast if Stolen



Change it immediately and tell an adult.

Use Secure Storage

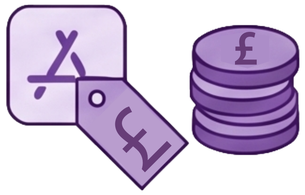


Save passwords in a secure password manager or browser, not written notes.

Staying Private on Apps

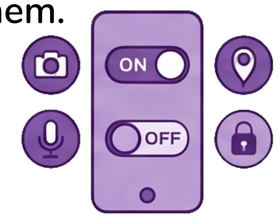
"Free" apps aren't always free

Many free apps make money by selling your personal data.



Control Your Permissions

Only allow apps to access features like your camera or location if they truly need them.



Read the T&Cs

Terms and Conditions contain important rules about how your personal data is used.



Examples of App Permissions


Location


Calendar


Contacts


Make phone calls


Camera


Photos


Microphone


Body sensors

Scam

An illegal trick to try to get money or private data from people.

Phishing - Specifically trying to get personal information by tricking people. Using things such as fake websites or emails. Leads to identity fraud.

Scam Red Flag	What to Look For
 Sense of urgency	Messages saying, "Act Now!" or, "Urgent!" to make you panic.
 Too good to be true	Promises of free money, rare game add-ons, prizes.
 Strange origins	Emails with spelling mistakes, odd links and addresses.

Upper Key Stage 2

2BeSafe: Being Safe in a Digital World

Online Bullying

Spotting the Difference



What is Online Bullying?

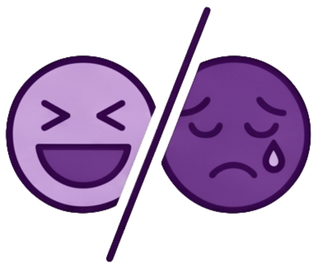
Repeatedly using digital devices to say or do mean things on purpose.



The Digital Difference

It can happen 24/7, reach wider audiences, and is often anonymous.

Banter vs. Bullying



It's only "banter" if everyone is laughing; it's bullying if it's hurtful.

What to do?

Save the Evidence



Take screenshots, copy URLs, and note profile names before blocking abusive users.

Block and Report



Use platform tools to stop messages and alert the service to inappropriate behaviour.

Tell a Trusted Adult



Speak to a parent, teacher, school staff, club leader, older sibling, grandparent, or call Childline on 0800 1111 for help.

External Organisations

THE MIX

shout
for support in a crisis

NATIONAL BULLYING HELPLINE

childline
ONLINE, ON THE PHONE, ANYTIME

kooth

CEOP

Upper Key Stage 2

2BeSafe: Being Safe in a Digital World

Online Relationships

Protecting Your Digital Boundaries

Respecting Personal Boundaries

Boundaries are “invisible lines” used to protect personal space and privacy.

Think Before You Share

Once shared or screenshotted, content is hard to remove and can have unintended consequences.

Listen to Your “Butterfly Feeling”

If content makes you feel uneasy, tell a trusted adult; a parent or teacher.

Communication Media



Memes: A piece of media shared widely usually with humourous content and popular culture references.

Emojis: Digital icons used to express emotions within text-based messages.

GIF: Short looping animation or video without sound.

Inappropriate Imagery

Makes people feel embarrassed, uncomfortable or disrespected.

- Might have been taken without permission.
- Could include people without their permission.
- Might have been taken in a private setting.
- Could be illegal to make or share.

Building Positive Online Commnities

Sharing Interests and Connection

Online communities are groups who connect over shared hobbies, games or favourite creators.

Digital Expression Tools

Emojis, memes, and GIFs help convey emotions and humour without needing many words.

Making Positive Contributions

Communities can collaborate on creative projects or host campaigns to help others.

Getting Help and Supporting Others

When To Get Help

Listen to that “butterfly feeling” that tells you something is wrong.

If something has upset or threatened you.

If you are asked to share what you are not comfortable with.

If you see that someone else is in an unsafe position.

Be a good friend - check in with them, a kind word makes a lots of difference.

Be aware of people who get left out of group chats; it feels very hurtful to the person.

Upper Key Stage 2

2BeSafe: Being Safe in a Digital World

Online Reputation

Understanding Online Judgements

Your Digital Impression

The image you create online affects how others trust and respect you.

Judgements Aren't Always Facts

Online information often lacks context, leading people to make incorrect assumptions.

Long-Term Consequences

A positive reputation helps with future opportunities. A negative reputation can affect future choices and opportunities.

Strategies for a Positive Reputation

Think Before you Post

Think about your reputation and the reputation of others. Once something is shared it is very difficult to remove.

Consider Degrees of Anonymity

You choose how much you reveal about yourself.

Protect Personal Information

Use caution before sharing anything that identifies you in real life such as surnames, address, school. Never share passwords.

Safe Gaming

Be cautious if interacting with people you don't know online. Report any inappropriate behaviour or content. Never share personal information with strangers.

Strong Passwords

Use a combination of letters, numbers and symbols. Don't use the same password for everything.

Use Privacy Settings

Control who can see what you share.

Be Kind and Authentic

Truthful and uplifting contributions build a positive online world.

Degrees of Anonymity

Real Name and Photo

Low protection, for connecting with real-life friends only.

Nickname and Avatar

Medium protection, for gaming and online public forums.

Complete Anonymity

High protection, maximum privacy

Upper Key Stage 2