

A better internet starts with you...

1. It starts with staying safe online

- Keep your personal information safe, and check with an adult before you share anything online. Personal information includes your email address, phone number and passwords.
- NEVER agree to meet up with someone you only know online. No matter how friendly they might seem or how well you think you know them, they are still a stranger.
- Always tell a trusted adult if someone online asks to meet you.

2. It starts with being a good friend

- Remember that behind every screen is a real person. Being kind and positive online is just as important as being kind and positive face-to-face.

3. It starts with saying sorry

- Even when we're trying really hard to be a good friend online, things can still go wrong. If you ever upset someone online, even if it wasn't on purpose, then saying sorry is a really powerful and positive action to take.

4. It starts with taking a step back

- Being online is great – there are so many fun and exciting things to do! But being connected all the time can get a little stressful. If being online is making you feel worried, upset or confused, it's always worth taking a step back and having a break from your online activities.

5. It starts with asking for help

- It's okay to feel worried or upset by something you've seen online – just make sure you speak to someone about it! Always tell an adult your trust if you see anything that worries you online.

Safer Internet Day 2018

Create, Connect and Share Respect

A better internet starts with you



Safer
Internet
Day 2018 | Tuesday
6 February

Create, connect and share respect:
A better internet starts with you

www.saferinternetday.org.uk



#SID2018

Safer Internet Day is being celebrated around the world on Tuesday 6th February 2018. This year the theme is:

Create, Connect and Share Respect

A better internet starts with you

Everyone has their part to play, including you!

Have a look at the tips and resources, and do some of the activities in this booklet to help you make a positive change online, stay safe, and help your friends.

Activity

Play Connect Bingo! Cross off each action when it happens:



BINGO

Send a kind comment to a friend	Help a friend in an online game	Ask to take a selfie with a member of your family
Send a friend a link to a funny video that would make them laugh	Invite friends to hang out over a text or a message	Send a friend a recommendation online for a book you think they would like
Get help from a friend in an online game	Ask a friend for a photo of the 2 of you together	Get a kind comment about a picture from a friend
Get a recommendation for a book from a friend online	Receive a kind comment from a friend	Check your friend knows when the homework is due using a text/ message

Question 5:

Someone from another school wants to meet you at the playground, so you can hang out together. You know their name but haven't met before. What should you do?

- A. Tell them you'll be there after school, and make sure your friends come with you
- B. Meet them at the playground, you've heard they're really nice
- C. Let your parents / carers know straight away

Question 6:

Who should you talk to FIRST if you feel worried about something that you've seen or heard online?

- A. A trusted adult
- B. The people who run the website
- C. A friend

Question 7:

How can you be a good friend to others online?

- A. Always be kind and positive
- B. Try to help your friends when they have a problem
- C. Both of these things!

Turn to the next page for the answers!

Answers

Question 1:

Answer C: Your parents or carers

Your parents and carers will need to check that the video is suitable to go on the internet and that it doesn't give away any personal information about you or your friends. They may want to check that your friends' parents are happy with it too.

Question 2:

Answer B: Let your parents or carers know, so they can check who it is.

Even if you asked some questions, people online may not be who they say they are and can pretend to be someone different. Therefore it is not a good idea to accept friend requests from strangers. Let your parents or carers know about all friend requests that you get, and they can help you decide if they are from people that you know already.

Question 3:

Answer A: Get a trusted adult to help you straight away

It is never a good idea to reply to mean comments as that can make things worse. An adult can help you deal with the situation and report the comment that has been made, so that it can be removed. You may also have the option to block the person that made the comment, so they can't contact you again.

Question 4:

Answer B: Say that you can't share your password because it's just for you

The only people that need to know your passwords are your parents and carers. It is not a good idea to share passwords with your friends, even your best friends, because they are part of your personal information. It is not necessary to share passwords and you can still be good friends without doing so. Your best friend should change her password too.

Question 5:

Answer C: Let your parents / carers know straight away

If anyone that you don't know asks you to meet up, then you must tell your parents or carers immediately. Never meet up with someone who you don't know, with or without your friends as you might be putting them in danger too. An adult will be able to decide what to do.

Question 6:

Answer A: A trusted adult

Friends can often give you good advice but might not always know what to do for the best. An adult that you trust, such as a parent, carer or teacher should always be the first person that you turn to.

Question 7:

Answer C: Both of these things!

Try to set a brilliant example online by being kind, positive and caring towards others. If your friend has a problem, encourage them to talk to their parents or carers, or a teacher, so that they get the best help straight away.

Score:

1-2 correct answers: Friend

You are at the start of your journey to becoming a safe internet user and are beginning to think about others online. There is more that you can do though! Always remember to ask an adult for help as soon as you need it, rather than trying to do everything by yourself.

That way you'll have a much happier time on the internet.

3-4 correct answers: Good friend

You are on the way to becoming a safe internet user and a good friend to others. There is more that you can do though! Always remember to

ask an adult for help as soon as you need it, rather than trying to do some things by yourself. That way you and your friends will be able to safely enjoy the internet together.

5-6 correct answers: Best friend

You are well on the way to becoming a responsible internet user and a great friend online. There is more that you can do though, to take care of yourself and others. Always remember to ask an adult for help as soon as you need it, rather than trying to do some things by yourself.

That way you'll get the best out of the internet and all the amazing things it has to offer.

7 correct answers: Friend for life!

You are a kind and caring internet user and are doing brilliantly online.

You know how important it is to ask for help when you need it, to protect you and your friends. Share your knowledge with as many friends as you can, to help everyone around you to stay safe and have a fantastic time online.



Activity

**Are you a good friend online?
Take the quiz now to find out...**

For each question select ONE answer:

Question 1:

You took a brilliant video of your friends having a water balloon fight and want to share it on the internet. Who should you ask before you upload it?

- A. No one, it's your video
- B. Your friends in the video
- C. Your parents or carers

Question 2:

You are playing an online game and someone you don't know wants to add you as a friend. What do you do?

- A. Add them, it's really nice to have more friends
- B. Let your parents or carers know, so they can check who it is
- C. Ask the unknown person a few questions first to get to know them

Question 3:

You have entered a photo into an online competition and someone has left an unkind comment. What do you do?

- A. Get a trusted adult to help you straight away
- B. Say something mean back, so they know how it feels
- C. Remove your entry from the competition so that it can't happen again

Question 4:

Your best friend has given you her password and wants to know yours. What do you do?

- A. Make up a password and tell it to her, to keep her happy
- B. Say that you can't share your password because it's just for you
- C. Share your password, she's a good friend and you trust her