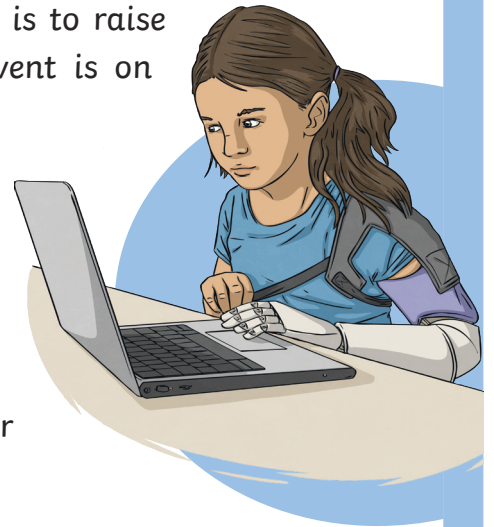


Safer Internet Day 2020

Every year, schools across the world support Safer Internet Day, an event which started in 2005. The aim of the week is to raise awareness about current online issues. This year's event is on Tuesday 11th February 2020.

In 2020, the theme is 'Together for a better internet', which reminds us of the importance of helping each other to create a supportive, helpful and positive internet experience. This means that in order to stay safe online, we all have to respect each other and our differences – in particular we think carefully about our 'online identity'.



What Is Our Online Identity?

For this year's Safer Internet Day, there are focuses on how we make and use our online identity (such as through an avatar or profile on a game or app) and how we share information about ourselves (for example, our likes, dislikes, hobbies and friends). It is important that we can choose how to express ourselves online and that we feel empowered and supported, for example, when making a profile page. This is because we all have the right to use the internet free from hate, discrimination or cyber-bullying.



#freetobeme

On Safer Internet Day, people all over the world celebrate their differences and try to support each other by using the hashtag #freetobeme.

Did You Know...?

Cyber-bullying is a kind of bullying which involves the use of the internet media to engage in verbal or social bullying. Cyber-bullying is particularly worrying because the person bullying cannot see the harm that they are causing the victim.

Our Use of the Internet

It is important to understand that we all use the internet differently. For example, here are some online activities that people enjoy:

- listening to music
- watching funny videos
- chatting with friends
- using apps to keep in touch with family who live far away
- gaming
- researching for homework

On Safer Internet Day 2020, let's think about the following questions:

- What do you like to do online?
- Who likes to do the same/different?
- Is it OK for people to like different things online?
- What could we do to make the internet better?

How Can We Stay Safe Online?

The internet is an incredibly powerful tool that can be accessed at all times through devices at our fingertips. However, it is crucial to consider how, when and why we use it. Staying safe online is very important for our health and wellbeing. We also need to be supporting others online, just as we would help and support our friends and family offline.

Sometimes, if we are in a group chat or playing an online game, we might see or hear something that worries, confuses or upsets us. If this happens, there are ways to report it so that it is less likely to happen again. For example, many apps and games have 'Report', 'Help' or 'Block' buttons. 'Report' can help us to report anything that makes us feel unsafe or unhappy. 'Help' is if you have a problem with an app and 'Block' is useful if you don't want to get any more messages from someone. It can also be a good idea to save evidence (such as a picture or a message).

Most importantly, we should tell an adult about what has happened and how it has made us feel.

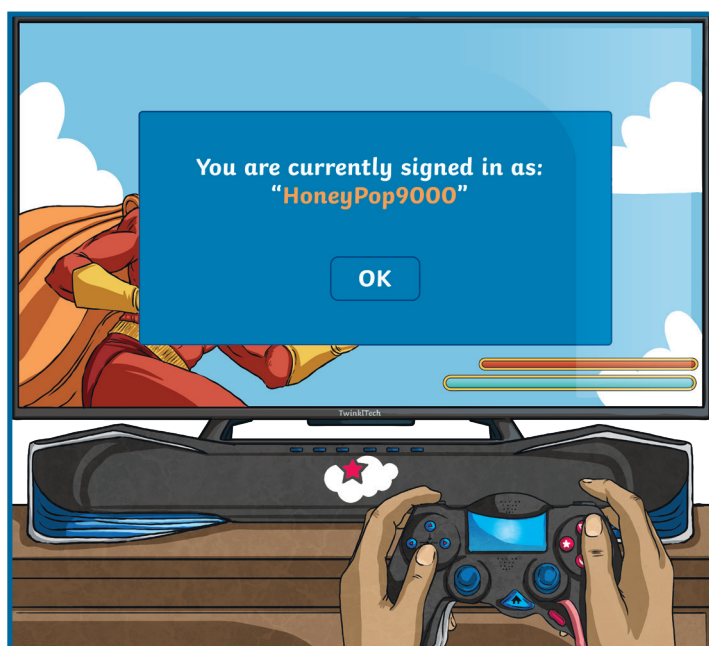
Getting Help

It is important not to keep worries about the internet to yourself; you must tell an adult whom you trust. This could be a trusted adult at home, school or through the Childline website: <https://www.childline.org.uk/kids..> Somebody can always help.

There are lots of ways of using the internet in a positive and helpful way. On Safer Internet Day, we talk about all the ways we can work 'together for a better internet'.

Did You Know...?

Globally, 4.5 billion people were regular internet users according to a study from November 2019. This is about 58% of the global population.



Questions

1. What is this year's Safer Internet Day theme? Tick **one**.

- ☐ 'Raise Awareness of the Internet'
- ☐ 'Safety Starts With Us'
- ☐ 'Together for a better internet'
- ☐ 'We All Have to Make a Change'

2. In which year was the first Safer Internet Day held?

3. Draw lines to match the situations to the ways to help.

Ava tries but she can't log on to her game. ●

● Tell an adult

A stranger keeps sending Luca annoying messages. ●

● Use the Report button

Abdulrahman saw a video that worried him. ●

● Use the Help button

All of the above situations. ●

● Use the Block button

4. What is cyber-bullying?

5. What is especially concerning about cyber-bullying?

6. Look at the **What Is Our Online Identity?** section. **Find** and **copy** a **word** which describes the feeling of 'being stronger and more confident to do something'.

7. In what way can the internet help families living in different countries?

8. Describe the buttons that can help users to stay safe online. Support your answer with evidence from the text.

9. Nisha is worried about an unkind comment that someone made on her latest video. Someone tells her to 'forget about it' but she is still worried. Do you think this advice is helpful? What could she do instead? Support your answer with evidence from the text.

Answers

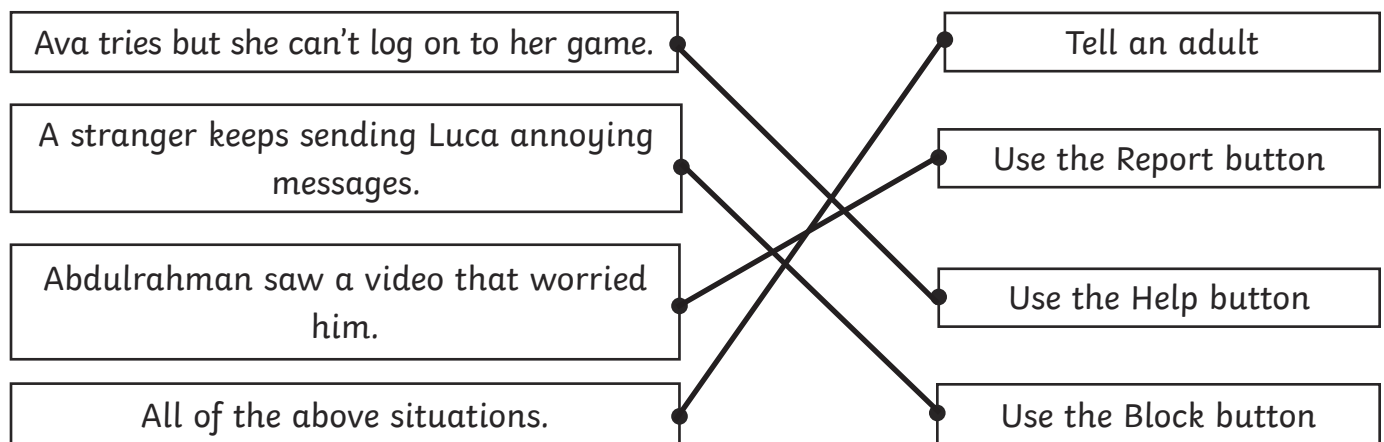
1. What is this year's Safer Internet Day theme? Tick **one**.

- ☐ 'Raise Awareness of the Internet'
- ☐ 'Safety Starts With Us'
- ☒ **'Together for a better internet'**
- ☐ 'We All Have to Make a Change'

2. In which year was the first Safer Internet Day held?

2005

3. Draw lines to match the situations to the ways to help.



4. What is cyber-bullying?

Cyber-bullying is bullying that happens online.

5. What is especially concerning about cyber-bullying?

The fact that the person bullying cannot see the harm that it is causing the victim is especially concerning.

6. Look at the **What Is Our Online Identity?** section. **Find** and **copy** a **word** which describes the feeling of 'being stronger and more confident to do something'.

empowered

7. In what way can the internet help families living in different countries?

The internet can help because there are apps that families can use to keep in touch.

8. Describe the buttons that can help users to stay safe online. Support your answer with evidence from the text.

Pupils' own responses, describing the 'Report', 'Block' and 'Help' buttons and explaining what they do to help users.

9. Nisha is worried about an unkind comment that someone made on her latest video. Someone tells her to 'forget about it' but she is still worried. Do you think this advice is helpful? What could she do instead? Support your answer with evidence from the text.

Pupils' own responses, showing an understanding that this advice is wrong and unhelpful and that an adult should be told. For example: I think this advice is unhelpful because it's hard to forget about something worrying. Instead, she should tell an adult and block the user.