NO ONE TELLS YOU THAT...

- **Online safety truths you don't usually hear.**

Nobody tells you that… staring at screens for too long can actually change how your brain feels.

- Using screens for long periods — especially fast-paced games or endless scrolling — can affect your concentration, sleep, and mood. Studies show it can lead to poor sleep, lower focus, and feeling anxious or irritable. The effects often hit after you've finished, not during.

- Question: Hands up if you've ever felt more tired, restless, or grumpy after a long time on a screen.

Nobody tells you that... some people act differently online because they want to seem more popular or clever

In group chats or online spaces, people might show off or say things they wouldn't say in real life to get attention. Because they can't see your face, they may forget (or ignore) how their words make others feel.

Question: Hands up if you've ever seen someone try to show off online to get a reaction.

Nobody tells you that... posting group photos can cause problems even if you didn't mean to.

If you post a photo with friends, someone who wasn't invited might see it and feel left out. Even if it wasn't meant unkindly, it can still hurt.

Question: Hands up if you've ever seen a photo online and felt left out or left behind.

Nobody tells you that... clicking "agree" online often means giving away more than you think.

When you click "accept" on a game or app, you might be allowing it to collect your location, what you search, or how long you spend online.
This data can be used to:

- Push adverts or in-game purchases

- Suggest content to keep you hooked

- Share your activity with other companies

Question: Hands up if you've ever clicked "accept" without knowing what you were accepting?

Nobody tells you that... what you post online can still be found years later.

- Even deleted posts can be saved or screenshotted. What you post at 9 could be seen at 19.

- Real-life example: A teenager lost their place at Harvard University after the school found offensive messages they had written years earlier in a private group chat.

- Question: Hands up if you've ever posted or said something online that you wouldn't want a teacher to see.

Nobody tells you that... some games are designed to make you addicted — so companies can make more money.

- Games often include streaks, countdowns, or daily challenges to make you keep playing. The longer you play, the more likely you are to see ads or spend money — which is how the game makes a profit. These tricks are designed on purpose.

- Question: Hands up if you've ever kept playing just to get a reward or keep a streak going.

Nobody tells you that... not everything you see or hear online is real — even if it looks or sounds true.

AI can now create fake videos, voices, and photos that look completely real. Just because something has lots of views doesn't mean it's true. Sharing false information can cause real harm.

Question: Hands up if you've ever seen something online and later found out it wasn't real.

Nobody tells you that... even small comments can hurt someone more than you realise online.

Without body language or tone of voice, a joke can come across as mean. Online words stay visible, and people can reread them over and over.

Example: "Nice haircut 😆" might seem funny, but if the person goes quiet, it could be more hurtful than you think.

Question: Hands up if you've ever seen a comment online that didn't feel as funny as it was meant to be.

Final Message

- Online safety isn't just about rules — it's about thinking differently.

- Be curious. Ask questions.

- Think before you scroll, post or share.

- Together: "Be smart. Be kind. Stay aware."