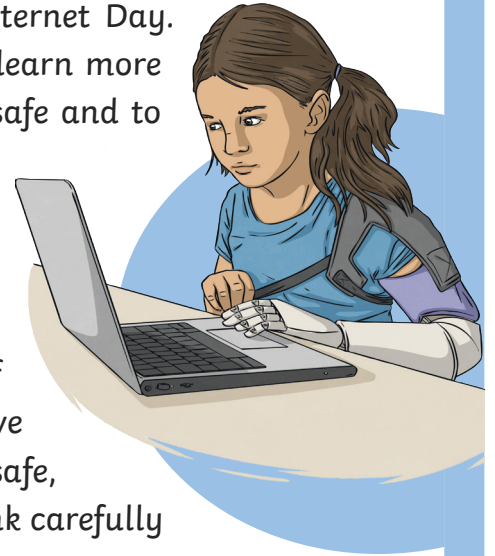


Safer Internet Day 2020

Every year, schools across the world support Safer Internet Day. The aim of the week is to help children and adults to learn more about how to stay safe online, to help others to stay safe and to use the internet in a responsible way. This year's event is being held on Tuesday 11th February.

Each year, Safer Internet Day has a different, themed focus. The theme this year is 'Together for a better internet', which reminds us of the importance of supporting each other to make a kinder, more supportive and safer internet. This means that in order to stay safe, we all have to respect each other – in particular we think carefully about our 'online identity'.



What Is Our Online Identity?

This year, there is a focus on how we make and use our online identity (such as through an avatar or profile), and how we share information about ourselves (for example, our likes and dislikes). It is important that we can choose how to express ourselves online, for example, when making

a profile page. We all have the right to use the internet free from any unkind comments or cyber-bullying (bullying which happens online).

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



#freetobeme

How Do You Use the Internet?

We all use the internet differently. For example, here are some online activities that people like to do:

- listening to music
- watching funny videos
- chatting with friends
- contacting 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?
- 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?

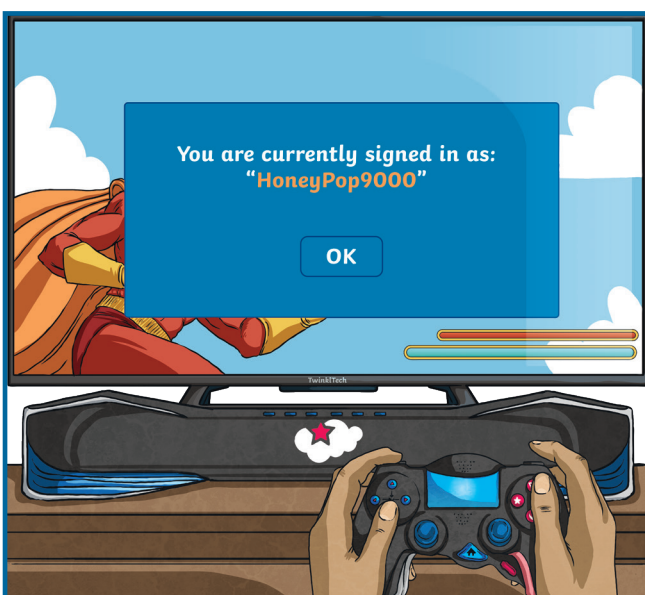
The internet is an incredibly powerful tool. However, we must think about how to use it safely.

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. There are ways to report this 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. Together, we can create 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.



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 an adult at home, school or through the Childline website: <https://www.childline.org.uk/kids>. Somebody can always help.

On Safer Internet Day, we talk about all the ways we can work 'together for a better internet'.

Questions

1. Why do schools support Safer Internet Day?

2. Which of the following is an example of working 'together for a better internet'? Tick **one**.

- respecting each other
- making a hurtful comment about your friend's picture
- making an online identity
- researching for homework

3. Look at the **How Do You Use the Internet?** section. **Find** and **copy** one word which means 'speaking to or communicating with someone'.

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

Sid tries but he can't log on to his 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

5. In what way is cyber-bullying different from bullying?

6. **'We all use the internet differently.'** Using the text, give three examples of activities people do online:

1) _____

2) _____

3) _____

7. Look at the **Did You Know...?** section. When was the study of internet users carried out?

8. You find out that a friend is being bullied online every time they play a game. What should they do? Give two suggestions.

1) _____

2) _____

Answers

1. Why do schools support Safer Internet Day?

Schools support Safer Internet Day to help children and adults to learn more about how to stay safe online, help others stay safe and use the internet in a responsible way.

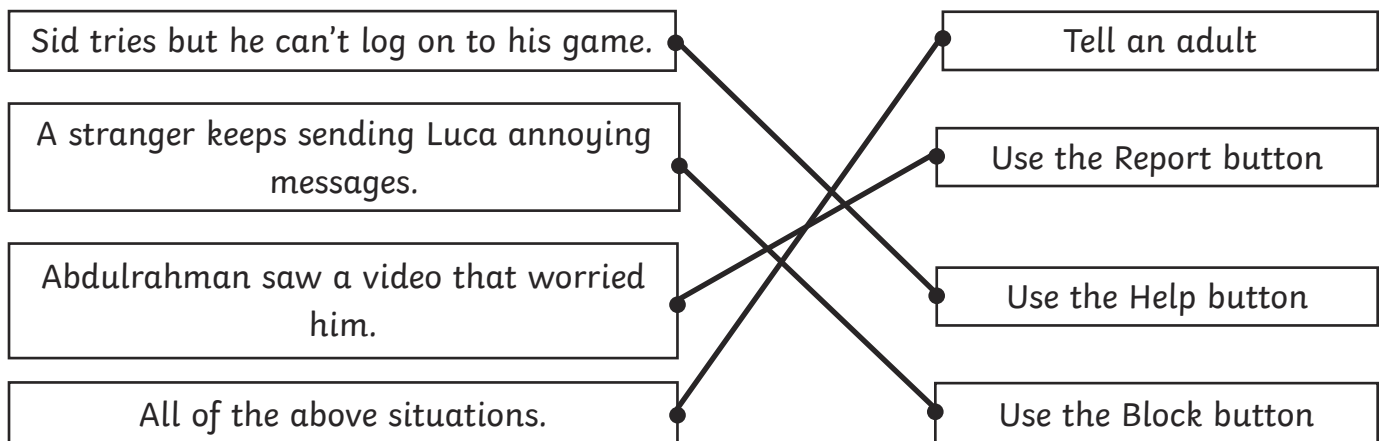
2. Which of the following is an example of working 'together for a better internet'? Tick **one**.

- respecting each other**
- making a hurtful comment about your friend's picture
- making an online identity
- researching for homework

3. Look at the **How Do You Use the Internet?** section. **Find** and **copy** one word which means 'speaking to or communicating with someone'.

contacting

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



5. In what way is cyber-bullying different from bullying?

Cyber-bullying is bullying that happens online.

6. **'We all use the internet differently.'** Using the text, give three examples of activities people do online:

Accept any responses from the following: listening to music, watching funny videos, chatting with friends, contacting family who live far away, gaming, researching for homework

7. Look at the **Did You Know...?** section. When was the study of internet users carried out?

It was carried out in November 2019.

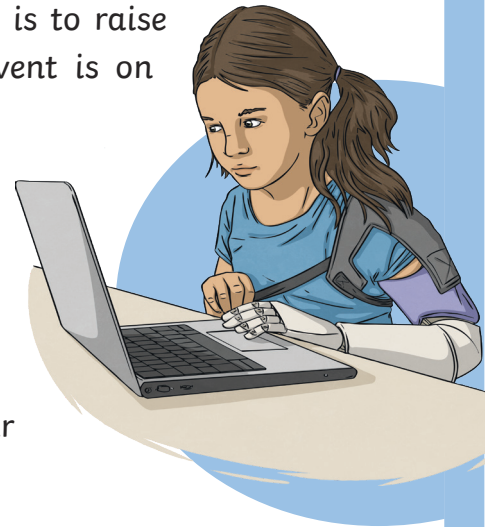
8. You find out that a friend is being bullied online every time they play a game. What should they do? Give two suggestions.

Pupils' own responses, that use ideas from the text, such as: Tell an adult, Report the other user, Block the user.

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.

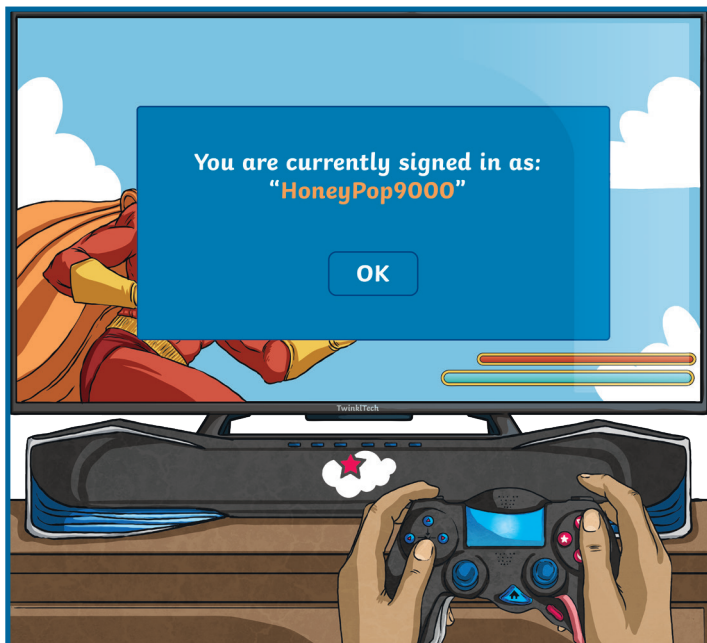
Getting Help

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

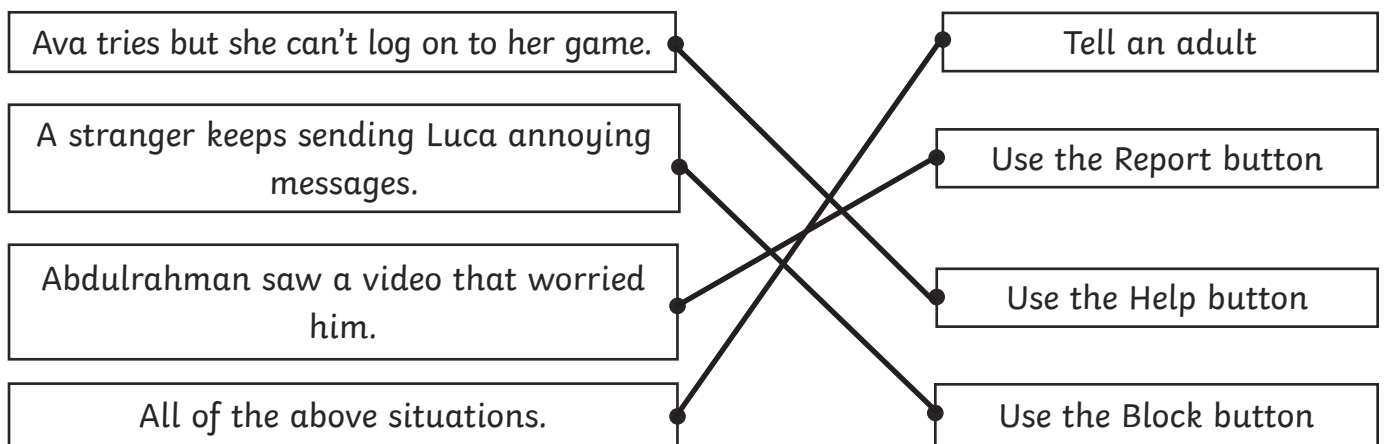
1. What is this year's Safer Internet Day theme? Tick **one**.

- '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.

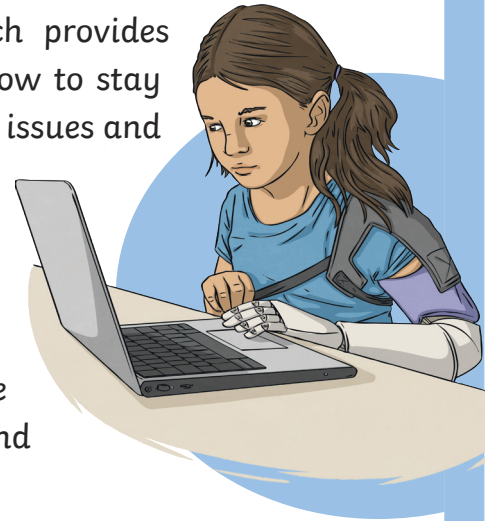
Pupils' own responses, describing the 'Report', 'Block' and 'Help' buttons and explaining what they do to help users.

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.

Safer Internet Day 2020

Every year since 2005, schools in more than 150 countries across the world have supported Safer Internet Day, which provides schoolchildren and school staff with information on how to stay safe online. It aims to raise awareness of current online issues and to help young people look after their wellbeing and safety when using the internet. This year's event is being held on Tuesday 11th February 2020.



Different each year, in 2020, the theme is 'Together for a better internet'. This has been chosen due to the fact that it reminds us of the importance of helping and supporting our friends and others online.

What Is Our Online Identity?

For this year's Safer Internet Day, a key topic is the consideration of how we create our 'online identity'; how we make and use our online identity through an avatar or profile and how we share information about ourselves with friends and other internet users is something all users of online games, social media apps and chat apps must reflect upon.

It is crucial that we feel able to 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, stereotyping or cyber-bullying.

Celebrating diversity on Safer Internet Day, people all over the world come together to try to support each other by using the hashtag #freetobeme.



#freetobeme

What is Cyber-Bullying?

There is a worrying version of bullying that has emerged in recent years. Cyber-bullying involves the use of the internet or social media to engage in verbal or social bullying. It can happen when using smart-phones, laptops, tablets or gaming consoles. Hurtful messages, texts or emails can be sent. Cyber-bullying is particularly disturbing for a few reasons; it can happen at any time, day or night, and the person bullying cannot see the harm caused.

Our Use of the Internet

Many people across the world are using the internet in their daily lives. It is important to understand that we all use the internet differently and that we all need to stay safe. For example, here are some online activities that people enjoy:

- listening to music
- watching humorous videos (and making their own ones)
- chatting with friends
- gaming (and watching walk-throughs of other people gaming)

On Safer Internet Day 2020, let's consider the following questions in order to recognise our diverse experiences of the internet:

- What's your preferred activity when you're online?
- Is it acceptable for people to like different things online?
- What could we do to improve the internet?

Did You Know...?

According to a study conducted in November 2019, globally, 4.5 billion people were regular internet users. With a global population of over 7 billion, this means 58% of them are online.

How Can We Stay Safe Online?

The internet is an incredibly powerful and convenient tool that can be accessed at all times of day or night through devices within hand's reach. However, staying safe online by looking after ourselves and each other is very important.

It is sadly not uncommon for young people, when in a group chat or playing an online game or another activity, to see or hear something that causes worry, confusion or unease. Fortunately, if this happens, there are ways to report the problem so that it is less likely to happen again. For example, many apps and games have 'Report', 'Help' or 'Block' buttons. It is possible to block another user who is making you feel like this. These buttons can also help us to report anything that makes us feel unsafe or uncomfortable. Saving evidence (such as a picture or a message) can also be useful.

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 someone at home, school or contacted through the Childline website: <https://www.childline.org.uk/kids>. Somebody can always help.

On Safer Internet Day, we talk about all the ways we can work 'together for a better internet'.

Questions

1. What are the aims of Safer Internet Day?

2. Read the following statements and tick **True** or **False**. The first one has been done for you.

Statement	True	False
The 2019 theme is 'Helping each other'		✓
It is important to work together and be kind to one another in order to make a better internet.		
Bullying doesn't happen online.		
Everyone has the right to use the internet without seeing anything harmful, worrying or unsafe.		
Feeling worried is just part of going online.		

3. **Find** and **copy** two examples of ways to show our online identity

1) _____

2) _____

4. In what ways can cyber-bullying happen? Support your answer with evidence from the text.

5. In what **two ways** is cyber-bullying 'particularly disturbing'?

6. 'Watching **humorous** videos...'

The word **humorous** suggests that the videos are...

Tick **one**.

- important
- unnecessary
- funny
- hurtful

7. Sami says that his friends have to have the same apps on their phone as him. Do you agree with this statement?

8. What percentage of the global population are online?

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

10. Why do you think it is important for us all to learn about staying safe online and being #freetobeme?

Answers

1. What are the aims of Safer Internet Day?

The aims of Safer Internet Day are to raise awareness of current online issues and to help young people look after their wellbeing and safety when using the internet.

2. Read the following statements and tick **True** or **False**. The first one has been done for you.

Statement	True	False
The 2019 theme is 'Helping each other'		✓
It is important to work together and be kind to one another in order to make a better internet.	✓	
Bullying doesn't happen online.		✓
Everyone has the right to use the internet without seeing anything harmful, worrying or unsafe.	✓	
Feeling worried is just part of going online.		✓

3. **Find** and **copy** two examples of ways to show our online identity

- 1) **avatar**
- 2) **profile**

4. In what ways can cyber-bullying happen? Support your answer with evidence from the text.

It can happen when using smart-phones, laptops, tablets or gaming consoles.

5. In what **two ways** is cyber-bullying 'particularly disturbing'?

It can happen at any time, day or night, and the person bullying cannot see the harm caused.

6. 'Watching **humorous** videos...'

The word **humorous** suggests that the videos are...

Tick **one**.

- important
- unnecessary
- funny**
- hurtful

7. Sami says that his friends have to have the same apps on their phone as him. Do you agree with this statement?

Pupils' own responses that show understanding of the fact we all use the internet differently and that our differences are to be celebrated.

8. What percentage of the global population are online?

58%

9. 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.

10. Why do you think it is important for us all to learn about staying safe online and being #freetobeme?

Pupils' own responses that show an understanding of how there are lots of people using the internet every day and we all like to do different activities. It is important that we stay safe and help each other to be #freetobeme.