



Life Online – How can we make the internet safer?



'Why weren't you online last night?' Tom asked Farrell.

'Aww, my mom spent ages updating everything at home to make the internet safer.'

'Your mom is so extra.' Said Farrell.

'Well, not really,' replied Tom. 'See a fifty-year-old creep was talking to my lil' bro through the PlayStation, my dad had his car re-registered to some guy in Scotland and my mom's bank account was emptied by a hacker in Brazil. I do kinda' get it.'

Discuss: Is making the internet safer 'extra' or a necessity?



What do we mean by the terms 'online predator', 'troll' and 'cyber-crime'?

I think these terms mean...

CLUES: fake identity, bullying, theft

Online Trolls - an online bully who deliberately tries to offend, cause trouble or directly attack people by posting derogatory comments on posts.

Cyber-crime – criminal activities carried out by means of computers or the internet. Could be stealing information or using your identity for criminal purposes.

Online predator - someone that seeks contact with children and teens on the internet for abusive and exploitative purposes that are often sexual.

Learning outcomes:

Describe how to identify risk and manage personal safety in increasingly independent situations, including online.

Develop strategies to identify and reduce risk from people online that you do not already know, assess when and how to access help.

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Why are we focusing so much on internet safety anyway? Well, there are many good reasons for this. Read the statements below and vote to see if you think they are true or false as a class. **We'll reveal the answers on the next slide.**

About 37% of young people between the ages of 12 and 17 have been bullied online. 30% have had it happen more than once.

60% of young people have witnessed online bullying. Most do not intervene.

Reports of data breaches (hacking for your information) are increasing. Since 2001, the victim count has increased from 6 victims per hour to 97, a 1517% increase over 20 years up to 2023.

With an average of 97 cyber crime victims per hour, this means there is a victim of cyber crime every 37 seconds.

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ALL OF THE STATEMENTS ARE TRUE

Internet safety isn't something that just young people need to study either – as those cyber crime statistics apply to adults.

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Staying Safe Online

Think Before You Post

Anything shared online can be copied, saved and shared by others. Photos and posts can reveal personal information such as your location, friends and daily routines.

Protect Your Personal Information

Use strong passwords and never share them with others. Be careful what information you share in games, social media and online chats. Remember: people online are not always who they claim to be.

Social Media and Wellbeing

Social media often shows unrealistic images and lifestyles. Comparing yourself to others online can affect confidence and self-esteem.

Online Risks and How to Stay Safe

Online Fraud and Scams

Fraudsters may pretend to be friends, companies or romantic partners to gain money or personal information.

Never send money or share personal details with someone you only know online.

If contacted by a bank or company, use their official website or phone number to check.

Online Trolling and Cyberbullying

Trolls post hurtful or upsetting messages to provoke reactions.

Don't respond – report, block and tell a trusted adult.

Most websites and apps have tools to report abusive behaviour.

Key Message

Stay private, think carefully before sharing information, and speak to a trusted adult if something online makes you feel uncomfortable or unsafe.

How can we stay safe online? There are so many different precautions we can take to protect ourselves. Let's hear some top advice on the issue.

**Watch the clip and complete the questions in your booklet.
We'll go through the answers together afterwards.**

https://www.youtube.com/watch?v=P04OGnrLe_Y



1. What should you NEVER share?
2. Can posts remain online even after you delete them?
3. Why should you check links twice before clicking on them?
4. Why should you avoid public access internet hotspots?
5. Why should you only visit websites that start with https:// ?
6. What should you do if you are cyberbullied?
7. Why should you turn off your Bluetooth?
8. Why should we use complicated passwords?



How many did you get right?

You now have time to correct any answers you missed.

What should you NEVER share?

Passwords, bank account information, social media account access or real-life address online.

Can posts remain online even after you delete them?

Yes

Why should you check links twice before clicking on them?

Because this is how criminals try to infect your systems with malware and viruses (and also in turn steal your data).

Why should you avoid public access internet hotspots?

Hackers sometimes create these to steal your data/personal information

Why should you only visit websites that start with https:// ?

This means that the site is secure (no one else can see what you're doing on it)

What should you do if you are cyberbullied?

Document the incident, block the account (and reporting them too is best)

Why should you turn off your Bluetooth?

People can use it to see what's on your devices.

Why should we use complicated passwords?

They're far less easy to hack



Lesson 6: Life Online – How can we make it safer?



'We should never upload images of ourselves to social media.'

Do you agree or disagree? Maybe you can see both sides of this argument.

Write an answer to this question in the space below:



How can we build resilience when life throws us challenges?



Useful mental health helplines and charities:

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

[Mind](#). Mind is a charity that provides advice and support for people experiencing a mental health problem in England and Wales. Call: 0300 123 3393 (Mon to Fri, 9am to 6pm)

[Rethink Mental Illness](#). Support and advice for people living with mental health problems. Call: 0300 5000 927 (Mon to Fri, 9.30am to 4pm)

[SANE](#). National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

[Mental Health Foundation](#). Information and support for anyone with mental health problems or learning disabilities.

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>