Online Safety: Protecting Yourself in the Digital World

Welcome! Today we'll explore how to stay safe online and protect your personal information.

What Is Online Safeguarding?

Definition

Measures to protect individuals, especially children, from online risks like cyberbullying, inappropriate content, and exploitation.

Why Important?

Growing reliance on digital platforms increases exposure to phishing, malware, identity theft, and other cybercrimes that can compromise safety and privacy.

Goal

Enable safe and responsible online behavior by promoting awareness, providing resources, and establishing protective policies and technologies.

Beware of Sharing Sensitive Information

Examples of Sensitive Data

This includes passwords for online accounts, your home address, full financial information like credit card numbers or bank account details, social security numbers, and medical records. Treat this data like valuable treasure, as in the wrong hands it can be used to harm you.

Risks

Sharing sensitive information online can expose you to a range of serious risks including identity theft, where criminals use your information to impersonate you; financial scams, where you could lose money; hacking, where your accounts and devices are compromised; and stalking, where your personal information is used to track or harass you.

Remember

Only share sensitive information with sources you trust implicitly, and verify their security measures. Look for "https" in the URL, a padlock icon, and read their privacy policy. When in doubt, it's always best not to share.

Personal Information to Protect

- Full Names
- Passwords
- Home Addresses
- School Name

- Phone Numbers
- Photos
- Email Address
- Financial Information

Visualizing the Danger of Oversharing

Cyberbullying

Oversharing can make you a target.

Hacking

Revealing too much info aids hackers.

Fraud

Personal details can be used for scams.

Think before you post!

Online Privacy: Protect Your Digital Footprint

National Online Safety
NOS

#WakeUpWednesday

Online Safety Tips For Children

Do's ✔

1 **KEEP YOUR PERSONAL INFORMATION PRIVATE ONLINE**

Only share it with people you know like friends and family. Ask a trusted adult, like your teacher or a family member, to help you change your privacy settings so that strangers can't see it.

2 **SPEAK POLITELY AND BE KIND TO OTHERS WHEN YOU SPEAK TO THEM ONLINE**

Treat them like you would treat them in real life and always remember your manners.

3 **TELL A TRUSTED ADULT IF YOU ARE BEING BULLIED ONLINE**

If other another person is sending you nasty messages, a trusted adult will be able to help you collect evidence and report the person to the relevant authorities.

4 **USE PASSWORDS TO PROTECT YOUR PERSONAL INFORMATION**

Ask a trusted adult to help you create a password that you can easily remember but which is hard for other people to guess.

5 **ALWAYS CHECK WITH A TRUSTED ADULT FIRST BEFORE USING A DEVICE OR DOWNLOADING A NEW APP**

This is so that they can check it is safe for you to use and make sure the privacy settings are right.

6 **TELL A TRUSTED ADULT IF YOU SEE SOMETHING ONLINE WHICH YOU DON'T LIKE**

This can include anything that upsets you, makes you feel sad or which you're unsure about.

7 **USE THE INTERNET TO HAVE FUN AND TO HELP YOU FIND OUT INFORMATION ABOUT THINGS**

Remember to ask your trusted adult for help and always use child friendly search engines so that the information you get back is safe.

✖ Don'ts

1 **ACCEPT FRIEND REQUESTS FROM STRANGERS OR PEOPLE YOU DON'T KNOW**

Always tell a trusted adult if somebody you don't know tries to contact you online.

2 **SPEND TOO MUCH TIME ON YOUR DEVICE**

Instead, go out and play with your friends, get some fresh air and try to exercise more. This will help you stay fit and healthy.

3 **REPLY TO MESSAGES FROM ONLINE BULLIES OR PEOPLE WHO SEND YOU NASTY MESSAGES**

The most important thing to do is to tell a trusted adult and then block the person from contacting you.

4 **COPY PEOPLE'S WORK ONLINE OR PRETEND IT IS YOURS**

This is called plagiarism and can get you into a lot of trouble.

5 **BE MEAN OR NASTY ONLINE**

Behave online like you would in real life and don't post anything that can make you look like a bad person. Things that you post online can stay there for a very long time.

6 **USE YOUR DEVICES CLOSE TO BEDTIME**

This will allow your brain to rest so that you can get a good night's sleep, stay focused at school and perform better in class.

7 **SHARE PERSONAL INFORMATION ON THE INTERNET WITH STRANGERS**

Always tell a trusted adult if somebody you don't know asks you for your personal information.

Use Strong Passwords

Mix letters, numbers, symbols to stay secure

Adjust Privacy Settings

Control who sees your information and posts

Made with GAMMA

Would you leave your door open at home?

Always LOG OUT of your computer and keep your stuff safe

Key Online Safety Rule: Don't Know, Don't Show, Don't Share

1 Don't Know

Ignore strangers online

2 Don't Show

Keep private info hidden

3 Don't Share

Never share sensitive data

Spotting Real vs Fake Pictures Online

Many images online are altered or fake.

Question what you see: Check sources before believing.

REAL

AI-GENERATED

Online Threats Are Real

Phishing

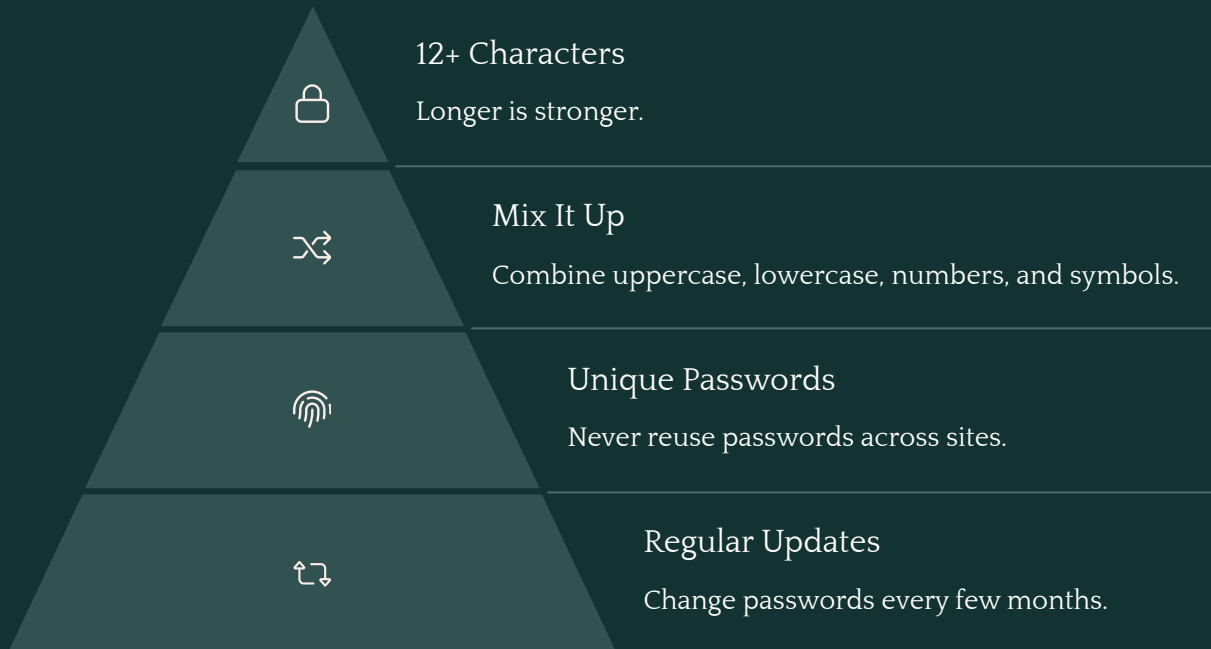Fake messages tricking you to share info

Hackers

Access accounts with weak passwords

Scams

Offers too good to be true

Create Strong Passwords

Your passwords are the keys to your digital life. Strong passwords help keep hackers out.

12+ Characters
Longer is stronger.

Mix It Up
Combine uppercase, lowercase, numbers, and symbols.

Unique Passwords
Never reuse passwords across sites.

Regular Updates
Change passwords every few months.

Consider using a password manager to create and store complex passwords securely.