Hi everybody, today is Safer Internet Day and this is a message from all 4G and 4B who would like you to know a little bit more about how to stay positive and safe on the internet. 👋

So, what is Safer Internet Day?

- **A day to create awareness of the internet and how you should approach it**
- **The theme is "Together for a Better Internet"**
- **Safer Internet Day is celebrated across Europe on the second Tuesday of February.**
- **Find out more: https://www.webwise.ie/saferinternetday/**

Positives of the internet

- Keep in contact with your peers 📲
- Keep up with the news 📞
- Research 🧐
- Shop conveniently 🦩
- Get a significant others 🌙🌙
- Make friends 👩‍❤️‍👩
- Play games 👫
- Study online 🎮
- YouTube to watch videos 🎳
- Educational
- Listen to music 🎧

Negatives of the internet

- cyber bully
- Catfish 🗿
- Trolling ⚓
- Too much screen time 🚦
- Not enough time in the real world 🏔️
- Don't socialize as much
- Effects your sleep schedule. 🈯

What is Cyber Bullying?

Cyberbullying or cyberharassment is a form of bullying or harassment using electronic means. Cyberbullying and cyberharassment are also known as online bullying. It has become increasingly common, especially among teenagers, as the digital sphere has expanded and technology has advanced.

What are examples of Cyberbullying?

1. Sending mean texts or IMs to someone.
2. Pranking someone's cell phone.
3. Hacking into someone's gaming or social networking profile.
4. Being rude or mean to someone in an online game.
5. Spreading secrets or rumours about people online.
6. Pretending to be someone else to spread hurtful messages online.

What do I do if I'm being Cyber Bullied?

If you're being bullied the first thing you should do is **tell an adult or someone you trust.** Secondly, **don't respond** in any shape or form to the bullying. Finally, **save the evidence** in order to help authorities like the Gardaí protect you.

How do I know if somebody is being cyber bullied?

Cyberbullying may be happening to your child/teen if you notice he or she:

1. Becomes upset, sad or angry during or after being online or using their phone.
2. Withdraw from family or friends.
3. Expresses reluctance or refuses to participate in activities previously enjoyed.
4. Has an unexplained decline in grades.
5. Refuses to go to school or expresses anger or dissatisfaction with a specific class or school in general.
6. Increasingly reports symptoms of illness for which he or she wants to stay at home.
7. Shows signs of depression or sadness.

What to do if you are harassed online.

Generally....

- Don't post you in your uniform on social media
- Don't talk to strangers
- *Ignore bullies*
- **Block bullies**
- Breath
- *Speak to a trusted adult*
- delete/block social media (not forever)
- Have a private account

We recommend you **keep your accounts private** and limit the people who follow you to those that you know either personally or through a friend. 1 in 10 instagram accounts are fake so it's very important that you **check who is trying to follow you**. You can tell **an account is fake** through some signs like there is no profile picture, username with the word 'user' in it, if it has very few followers & is following a lot of people and/or it has fake photos including people that aren't them. You may receive many **links in your DM's** or by **text saying you won something** or to tap on a link to view an image or asking you to enter personal information like your bank account. For these **you need to block and report them to ensure they don't contact you again**. It's really important that you research the causes that you repost to make sure they are accurate and that you aren't spreading fake news.

Staying safe Online!
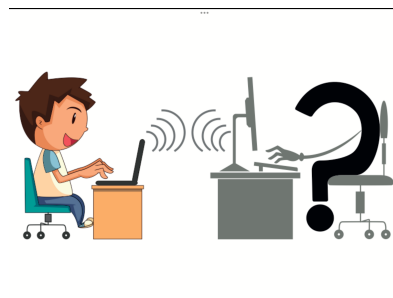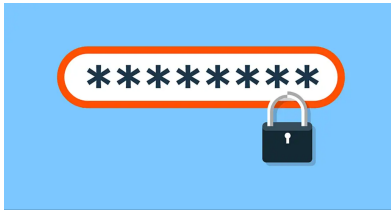
- Change your passwords regularly

- Back up your personal data

- Only follow people you know in real life

- Have different passwords for different apps

- Do not trust public wifi security. Avoid connecting to unsecured public wifi networks

- Don't save or screenshot explicit or pornagraphic photographs (illegal)

- Don't share personal information e.g.: address

- Don't give any banking information or passwords away online in any way!

-

- Be careful what you share on public stories and posts

-

- Do not press on any suspicious links to avoid hackers

How can we manage our online

WELLBEING?

- **Talk about how going online can impact our emotions!** Make this a regular habit and try to check-in with young people after they've spent time on their devices.
- **Limit your time spent on social media.** You can add screen time on your phone to limit the amount of time spent on apps like Snapchat, Instagram and TikTok (Monitor your digital activity such as screen time).
-

- **Avoid toxic behaviour and discussions.** Posts and comments online can sometimes become toxic, both in what you are talking about and how people speak to one another. It's a good idea to avoid these behaviours and conversations, as people involved often aren't open to hearing other points of view or changing their mind about things. On social media make sure your feed and the people you are following aren't harmful to your mental health.
- **Stay informed.** It's also important that you know what to do or where to go for help if ever you need help with something that is worrying or upsetting you online. Visit our help page for parents and carers for more advice, support and reporting routes. https://www.webwise.ie/
- **Set boundaries.** Put your phone away during meals. Prioritise real-time relationships. Diversify your feed. Try to avoid being on your phone for long periods of time, 3 hours on the phone is more than enough time to be spending on your phone. Social media can really affect your self esteem and mental health with fake news articles. The content you consume can affect your everyday life, negative or positive it impacts the way you live through its influence.

Digital resilience

Digital resilience, what is it?
Well in short, it is the avoidance of being suffocated by the internet and what it holds.

Digital resilience is when you have the ability to understand when you are at risk online, learning from your experiences online, knowing what to do if something negative happens and how to react to negativity on the internet in a healthy way. You can achieve digital resilience through engaging with appropriate opportunities and challenges online.

We can all agree that the internet can be fun and enjoyable and provides a lot of benefits for us and keeps us up to date with socially relevant issues.
But, sometimes we can get carried away sliding through social media and potentially learning or reading fake news or propaganda. This is where we need to try to obey the rules of digital resilience.

We can choose to do other hobbies or activities that help us avoid getting too involved with the internet and social media.

How do we do this?
Well, studies have shown that being actively involved in a sport can prevent you from relying on the internet to keep you happy or content. Being involved with sports or exercise of any kind releases endorphins which are basically just happy feelings released from your body to make you feel good!

You can also take up hobbies such as reading, art, walking or hanging out with friends.
Doing this will bring down your internet activity and help you build a better understanding of the world around you and build genuine connections with the people around you.

If you are on the internet and reading some sort of news or seeing something online, remember that it is probably propaganda if it's not from a reliable source and always check every source before you believe something.

This will all help you build good digital resilience!

Thank you for reading.
4G & 4B