

## Online Safety Presentation Content Monday 25 July 2016

### Your online footprint

- Is your reputation

### Digital world

- Unfortunately, there are good people and bad people online!

### Top 25 Online Safety Tips & Truths for Students

1. 46% of students have been bullied in the past 12 months
2. Bullying is intentional, repeated, negative. It can be physical, verbal, social, online face to face
3. Being bullied feels like there is no help, no escape
4. Bullies enjoy feeling powerful and want victims to feel trapped
5. Bullies are often hurt and scared
6. Bullying happens in the shadows. So shine a light on it. Take screen shots, speak up about it and act.
7. Keeping quiet is helping your bully
8. Standing idle helps the bully and hurts the victim. Other some of the guilts rests on you.
9. Being bullied can have serious lifelong effects. Some can strengthen the victim. Mostly it can adversely affect the victim.
10. If you are being bullied it is not your fault.
11. Everyone hurts. It's ok to cry.
12. Bullies cry too. They hurt, they are angry.
13. If you are a bully, you need help too.
14. Adults can actually help, and they want to help. Speak to more than one. They don't know it is happening unless you tell them.
15. Sex is so powerful that it can make or break families.
16. Viewing porn and violence can create bullies and bystanders.
17. Porn and violence corrode tenderness & compassion but foster insensitivity and even brutality.
18. What you do alone affects who you are around people.
19. Guard your thoughts. Thoughts lead to words which become your actions become your habits become your values become your destiny.
20. The Internet doesn't forget. It multiplies.
21. Know your friends. Remove anyone you don't know in real life.
22. Know your device.
23. Avoid the back alleys.
24. Who's got your back?
25. So many people care about you. Speak to them.

### Explanatory Notes for Student 25 Tips & Truths

- If you choose to cross the barriers like an internet filter it like you jumping across the fence at school
- 50% of students are bullied
- Difficult to avoid bullies now in online world
  - In the old days once you were home bullies could not get at you
  - Bullies feed off fear
    - They like to feel powerful

- Bullies won't pick on someone who can stand up to them physically
  - Bullies don't feel good about themselves
  - Bullies are often hurt and scared
- Understanding bullying can help you deal with it
- Online bullying can have life-long effects
- If you are being bullied it is not your fault
- Everyone hurts, it's ok to cry
- If you are a bully, you need help to seek help

## Tips

- You don't have to be online! It might be hard but you but you can do it!
  - Unfriend, block delete
  - Or start a new account
  - If not 13 you are actually going against the policy of many social network sites
- Shine a light on bullying
  - Stand up, speak about, act
  - By not saying anything you are helping the bully
- Do not respond to a bully, take screen shots and seek help
- Standing idle helps the bully and hurts the victim
  - Stand up for the victim
  - Speak up about it
- Adults can help
  - Speak to more than one
- If it's happening online it is most likely happening somewhere adults are not
  - Feel comfortable to talk to adults and explain the technology if necessary
- Block numbers on phones
- Sex is so powerful - it can make or break a family
  - Porn and violence corrode tenderness and compassion but foster insensitivity and brutality
  - Is like a worm eating an apple at the core
  - What you do behind closed doors affect who you are around people
  - Be careful what you expose yourself to and others to - guard your thoughts
  - Your thoughts become your words, become your actions, become your habits
- The internet doesn't forget, it multiplies
  - Whatever you do online is recorded
  - It duplicates itself on everyone's device
  - Think twice before you post anything
  - Be careful of the details you put online about yourself
  - Employers will search for you on line - will they like what they see?
  - A prospective partner will search
    - University
  - Police
- Know your friends
  - People don't show their true selves online
  - They show an edited version of themselves
- Know your device
  - New devices are always coming out, know the security settings
  - Public Wi-Fi spaces - Be careful
  - Could connect to a man-in-the-middle attack where a person in the public space sets up their own computer and masquerades as the wifi hotspot

- You actually connect to someone else's computer who is set up as a hotspot and they collect all of your data, password etc
- Are you connected to the correct website
  - Check the URL carefully
  - Dodgy sites are setup to collect your login and password
  - Look for https and padlock symbol as signs of a secure website
- Avoid the back alleys, sites like
  - Pirate Bay
  - Put Locker
  - Kickass Torrent
  - UTorrent
- People pretend to be someone they actually are not
- Who's got your back
  - People are trying to look after you
  - Family, teachers
  - No one wants to see you corroded

## Parent Online Safety Information Evening

### Things have changed

- Tools have changed the way we communicate and find information
- There was a time we were OK with not knowing

### People on the Internet

- The dark side of the Internet is just the dark side of human nature
- The nice side of the Internet is just the nice side of human nature

### Top 10 tips for parents

1. Speak to your children
2. There are no technical solutions to social problems
3. The Internet is the people. The good side, the ugly side
4. No-one ever said parenting was easy. Take an interest in what your children are doing. You need to have the conversation with them.
5. There is no app that will protect our children.
6. Online or offline - people are people!
7. If you instil the right values, you don't need to teach cyber safety.
8. Show an interest in what your children do, spend time with them, lots of time!
9. Engage with the school community, share experiences with other parents.
10. Keep teaching the explicit values in this new world.