
#SAFERINTERNETDAY

The internet and technology are assets to our lives as long as you are careful and make good choices.

Benefits of internet and technology

Research and learning

You might use the internet to help with your homework or studies.

You can use the internet to learn about topics you are interested in quickly and easily e.g., using a search engine like Google, or YouTube to watch videos on your favourite topics.

Communication

You might use Facebook messenger, Instagram, Snapchat, etc. to talk to your friends, share memes, photos, etc.

During lockdown you might have used Houseparty to *meet* with your friends virtually. Zoom is also available and you might have seen or heard your parents on zoom meetings during lockdown.

Entertainment and leisure



Do you recognise these apps?

Many of you will use these in your free time to connect with your friends, game, watch videos, etc.

These are all beneficial to you when used wisely.

Charity

The internet is a good way to raise funds for charity. You may have seen pages such as GoFundMe which we have used in our own charity initiatives.



🔍 Search [gofundme.com](https://www.gofundme.com) for

Bayside's Student4Student Spinnathon



Show your support by going to this link

[gofund.me/9ed3a91f](https://www.gofundme.com/9ed3a91f)

Essential for business and the world of finance

This is not something which you have to think about at the moment but businesses, banks, etc. use the internet every day.

- How do you use the internet?
- Can you think of other apps or sites which haven't been mentioned?

What do I have to be careful with?

Scams and phishing

These are ways that criminals get your personal information, like passwords or bank details. For most young people, it tends to be their **gaming accounts**; they use the money or game tokens that you have saved.

You might be sent a link or an email, and asked to re-enter/change your passwords or confirm your data. **This is probably a scam.** Except when you are logging in, sites won't ask you for sensitive information or to change your password unless *you* have asked for this.

If you suspect you might have been a victim of phishing, change your password immediately, and contact the real website.

Fake news and conspiracy theories

Anyone can post anything on the internet. Make sure that you can tell the difference between legitimate sources and people spreading their own opinions.

For example, we know that garlic is not a cure for the Coronavirus, but there were internet sites claiming it was.

DEBUNKING FALSE STORIES

Fake Coronavirus Cures, Part 2: Garlic Isn't a 'Cure'

Photos and videos

Be careful when posting videos and photos of yourself. If your privacy settings are very open, strangers might see and take your photos and videos without your permission.

This includes sharing them with others and editing them to make you look bad.

Don't forget that whatever you post on the internet will be there **forever**.

Who are you communicating with?

Do you know the real person behind the profile? You probably know your friends' accounts, but be careful when meeting someone entirely new online.

The internet is an excellent place to meet new people who share your interests or have similar problems, but always be aware that they might not be exactly who you think they are.

If a person you're speaking to online acts suspiciously, like asking you uncomfortable questions or refusing to show themselves on call, speak to your parents or an adult you are comfortable with.

Influencers

Many of you will follow social media influencers, such as on Instagram. Don't forget that these people are often playing a role and they might be different to what they are really like in reality.

Their photos may have filters or be photoshopped to enhance their appearance. Comparing yourself to these figures might lead to an unhealthy mindset.

- If you are worried about any of these points and want to talk to someone about this don't forget to email Mrs Lester, Mrs Marsden or your head of year.

GAMING AND THE INTERNET

- ❖ I've shared four videos of your teachers gaming and telling you how they keep a balance between their enjoyment of gaming and everything else they do. I encourage you to watch these videos.
- ❖ Remember that you don't always have to be online. Sometimes it might be good to take some time away from the internet and the activities you do there.