

THE
DE LA SALLE
ACADEMY

**Hello Everyone,
Hope you are all well
and staying safe.**

inspiring people; breaking boundaries

How many of you have an account on these social media sites?



Key Terms

e-safety

- e-safety is a term used to promote the protection of young people from the unwanted consequences of using electronic media including the internet, mobile phones and social networks.

Cyber bullying

- Cyber bullying is the misuse of digital technologies or communications to bully a person or a group, typically through messages or actions that are threatening and/or intended to cause offence, anxiety or humiliation. It comes in many different forms, and is particularly damaging as the abuse is inescapable - it follows the target everywhere

Grooming and sexual abuse

- Online grooming is the action of an adult befriending a child with the intent to prepare them for sexual abuse. It is not a one off event but a process of engaging with them, tapping into their hobbies and vulnerabilities and building a falsely perceived connection.



The good side to the internet

Easy to find information

Keep in touch with people

Support with school work

Find support and advice

Fun

Watch video's

Listen to music

Find out what is going on in the world

Purchase new stuff

Sell old stuff



Internet Statistics

- The internet has 3.17 billion users
 - There are 2.3 billion active social media users
 - Internet users have an average of 5.54 social media accounts
 - Social media users have risen by 176 million in the last year
 - 1 million new active mobile social users are added every day. That's 12 each second
 - Facebook Messenger and Whatsapp handle 60 billion messages a day
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- Facebook: 1.71 billion users
 - Instagram: 400 million users
 - Snapchat: 100 million users
 - Twitter: 320 million users
 - WhatsApp: 900 million users
 - Population of England is just over 50 million.









The bad side statistics

- 88% of teens have seen someone be mean or cruel to another person online.
- 15% of teens say they were the target of online cruelty
- 41% of teens have had a negative experience using a social media site
- 22% have lost a friendship due to actions on a social media site.
- 13% have had an argument with parents about a social media site.
- 29% of internet sex crime relationships were initiated on a social networking site
- 55% of teens have given out personal information to someone they do not know on social networking sites
- 29% of teens have been contacted by someone they do not know on a social networking site
- Around 1 in 7 young people have taken a semi-naked/naked picture of themselves. Over half went on to share the picture with someone else.
- 43% of teenagers say they would change their online behaviour if they knew their parents would see.



Top Tips to stay safe online

					
<p>Have a strong password</p>	<p>Personal Details</p>	<p>Friends</p>	<p>Limit what you share on social media</p>	<p>Think before you post</p>	<p>Inappropriate photo's or video's</p>
<p>Passwords are like the key to your accounts - only the person with the key can access them. When choosing a password, you want to make sure you choose one that is unique, strong, and not easily guessed by strangers or those close to you. Choose a password that uses letters, numbers, lowercase, uppercase, and characters.</p>	<p>Don't give your full name, address, or phone number to anyone online that you don't trust or know. This is especially important in chat rooms or social media sites.</p>	<p>Be careful when making friends on the internet. Many great friendships can be cultivated through social media, but there are many people who pretend to be someone they are not. Much like you would off-line, only talk to people you know and can trust.</p>	<p>Just because the Internet is so massive does not mean that embarrassing or risqué pictures, rude or mean comments, or illegal activities will disappear forever. Watch what you post about yourself or others -- or allow your friends to post about you -- because you may have to live with it for a long, long time.</p>	<p>Don't upload or share anything you wouldn't want your parents, teachers or friends seeing. Once you press send, it is no longer private. You can't be sure who will end up seeing it. Once it is online, you no longer have control of it.</p>	<p>Never send any inappropriate or sexual photo's or video's of yourself online. Once it sent you have lost all control of it.</p>



Top Tips to stay safe online

S
Stay Safe
Don't give out your personal information to people / places you don't know.

M
Don't Meet Up
Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.

A
Accepting Files
Accepting emails, files, pictures or texts from people you don't know can cause problems.

R
Reliable?
Check information before you believe it. Is the person or website telling the truth?

T
Tell Someone
Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!



What should I do if?

- If somebody you don't know adds you as a friend, ignore them and delete their request. Don't share personal information like your address or phone number with somebody you don't know.
- Do not comment, like or share anything that could be deemed inappropriate.
- Report it – teachers, parents, police, the networking site.
- Talk to an adult you trust
- Delete it – delete people that post, message or say anything inappropriate



Reflection

How many friends do you have on social media?

How many of them do you actually know?

Have you ever written, seen, liked, posted or sent anything inappropriate online?

Do you understand the importance of internet safety?



Let us Pray

Dear Lord, help us to love one another and let us open our eyes to see all the right and wrong that we have done.

Let us open our lips to speak what is right and not wrong.

Help us to make good decisions, be strong and not give up and live our lives as we should, in your image.

Amen

