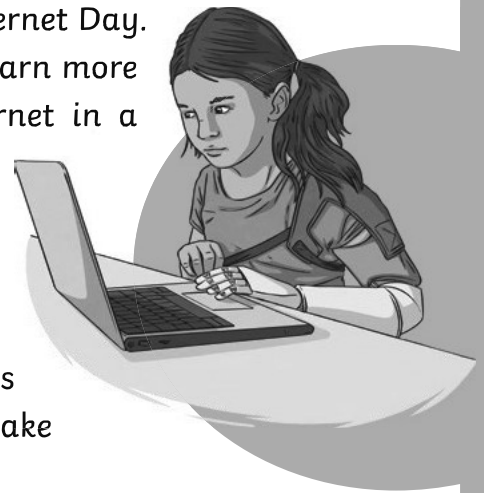


# Safer Internet Day 2021

Every year, schools across the world support Safer Internet Day. The aim of the day is to help children and adults to learn more about how to stay safe online and to use the Internet in a responsible way. This year's event is being held on Tuesday 9<sup>th</sup> February.

Each year, Safer Internet Day has a different, themed focus. The theme this year is 'An Internet we trust: exploring reliability in the online world', which focuses on being able to decide what we can trust and to make the best decisions while online.



## **An Internet We Trust: Exploring Reliability in the Online World**

The online world is a great source of information and offers opportunities to research, learn new facts or skills and even develop people's views and opinions.

The Internet is also an important way for young people to enjoy positive relationships with their peers, such as through gaming and social media sites. But how do we know what or who we can trust?



As we explore the online world, we are constantly having to make decisions about who and what to trust. The 2021 Safer Internet Day campaign focuses on supporting young people to question and challenge what they see online. It hopes to give them the skills and strategies they need to be able to spot and speak out against any harmful and misleading content they might come across.

### **How Do You Use the Internet?**

We all use the Internet differently. For example, here are some online activities that people like to do:

- listening to music
- watching funny videos
- chatting with friends
- contacting family who live far away
- gaming
- researching for homework

How do you like to use the Internet?



## Everything Is Not Always as It Seems

### Photos

Photos can often exaggerate real life. People usually pick the prettiest and happiest pictures of themselves to share online. These images of other people's (carefully chosen) so-called perfect lives can sometimes leave you feeling low. Try not to compare yourself though and remember that the photos probably don't tell the whole story.

### Fake News

Although the Internet is a great source of information for young people, unfortunately not everything is always as it seems. The online world also contains misleading content and fake news. Fake news is false information that is published, claiming to be true and reliable news.

Fake and imprecise content is harmful because it can impact young people's decisions, views and opinions and cause them to act on false information. It also breaks the trust we have of people in the media, many of whom are in fact reporting honestly.

Safer Internet Day 2021 will look at why inaccurate content exists, where it comes from and how young people can manage it.



### Reducing Screen Time

Make sure you take regular breaks away from electronic devices. If you find yourself spending a lot of time online and even thinking about it when you're offline, then it's probably time to cut down your screen time.



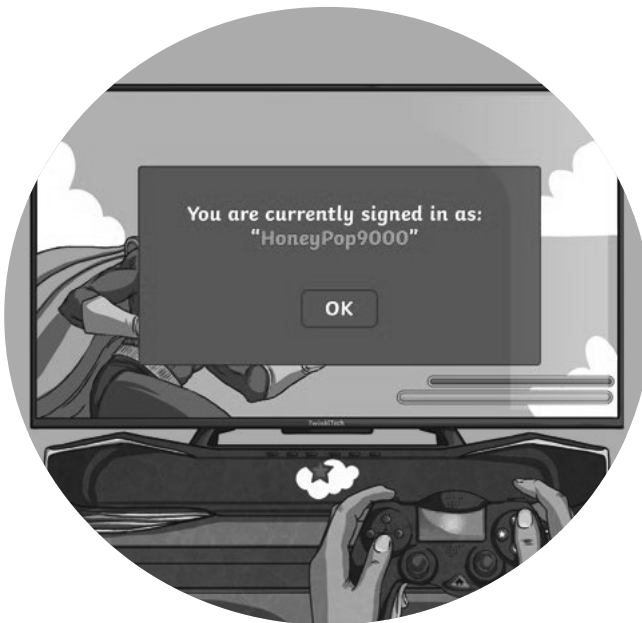
### Did You Know...?

Globally, over 4.6 billion people are regular Internet users according to a study from October 2020. This is about 59% of the worldwide population.

## Staying Safe Online

The Internet is an incredibly powerful tool. However, we must think about how to use it safely. Sometimes, if we are in a group chat or playing an online game, we might see or hear something that worries, confuses or upsets us. There are ways to report this so that it is less likely to happen again. For example, many apps and games have 'Report', 'Help' or 'Block' buttons. 'Report' can help us to report anything that makes us feel unsafe or unhappy. 'Help' is if you have a problem with an app and 'Block' is useful if you don't want to get any more messages from someone. It can also be a good idea to save evidence (such as a picture or a message).

Most importantly, we should tell an adult about what has happened.



Safer Internet Day 2021 celebrates what an amazing place the Internet is to be creative, chat with friends and find out interesting information. It's important to make the most of it while also being safe, sensible and able to separate fact from fiction.

# Questions

1. What is the aim of Safer Internet Day?

2. Mark whether the statements are true or false.

	True	False
Safer Internet Day is happening on February 19 <sup>th</sup> 2021.	<input type="checkbox"/>	<input type="checkbox"/>
The Internet offers opportunities to research and learn new facts or skills.	<input type="checkbox"/>	<input type="checkbox"/>
The Internet is an important way for young people to enjoy positive relationships with their peers, such as through gaming and social media sites.	<input type="checkbox"/>	<input type="checkbox"/>
You should believe everything you read on the Internet.	<input type="checkbox"/>	<input type="checkbox"/>

3. Discuss why you should try not to compare yourselves to photos you see of other people online?

4. What is fake news?

5. Look at the How Do You Use the Internet? section. Find and copy one word which means 'speaking to or communicating with someone'.

6. Click on the correct action to take to match the situations.

Sid tries but he can't log on to his game.	Select
A stranger keeps sending Luca annoying messages.	Select
Abdulrahman saw a video that worried him.	Select
Something has made you feel unsafe, worried or unhappy.	Select

7. What advice would you give to someone spending too much time online?

8. Do you think Safer Internet Day is important? Explain your answer.