Internet safety

Ages 14–16

THE CYBERSMILE FOUNDATION

Internet safety

To learn how to be safe when using the internet.

To remember the rules of internet safety.

To start using the rules when using the internet or phones.

EXAMPLE

STOP, BLOCK, TELL.

EXAMPLE

Get your parents to
monitor what sites
you are visiting.

EXAMPLE

Only talk to friends and
not strangers.

EXAMPLE

Be careful about what
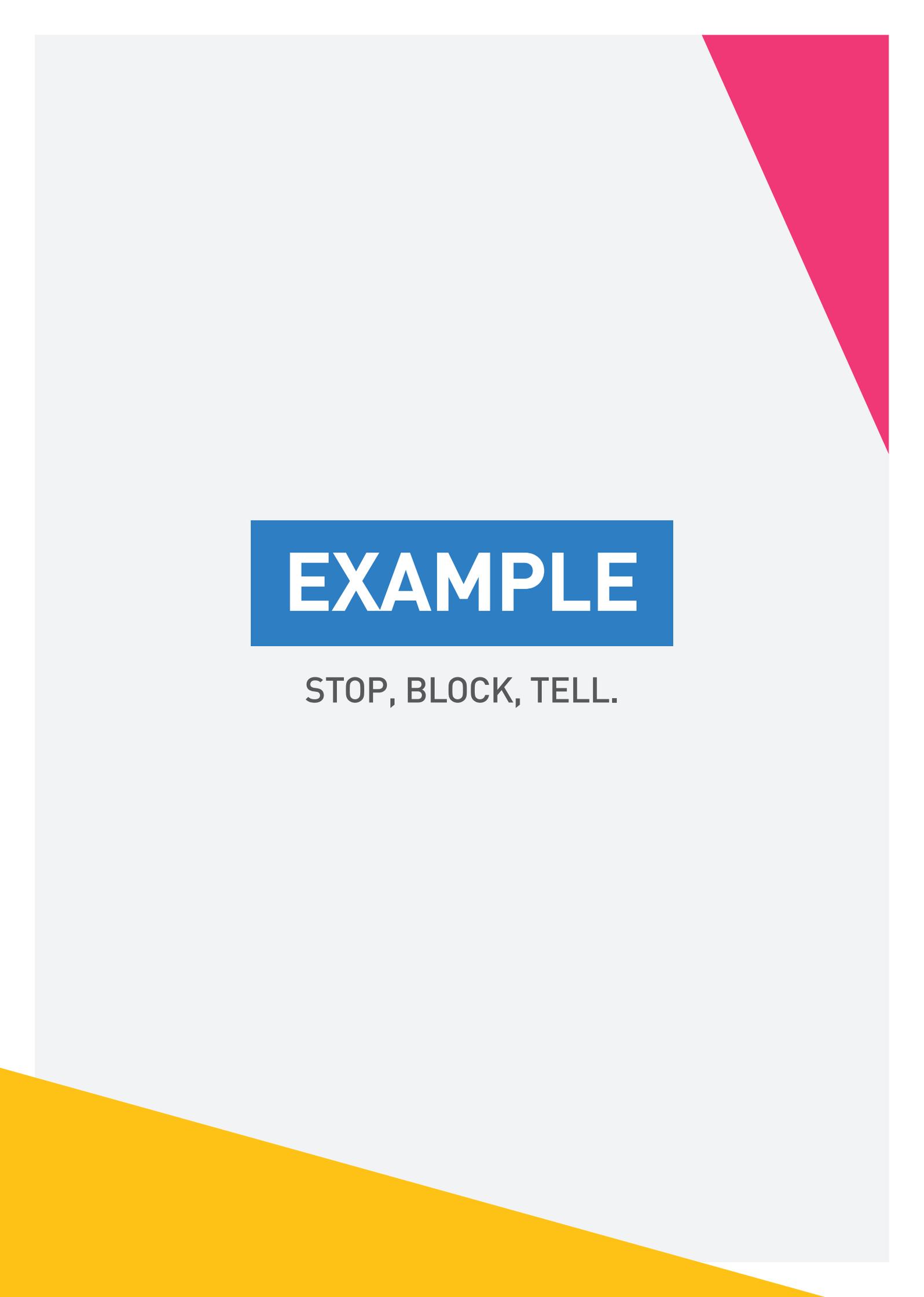you write on the internet.

Internet safety

OBJECTIVE

To learn how to be safe when using the internet.

OUTCOME

To remember the rules of internet safety.
To start using the rules when using the internet or phones.

MATERIALS

Paper, pens, access to YouTube to show the video below.

INSTRUCTIONS

1. Introduce the exercise to the class, and present the objective and outcomes.

ACTIVITY 1

2. Present the following video to the students and ask them to write down all the ways that the person could have kept themselves safe and why each way would have made a difference:

https://www.youtube.com/watch?v=PltmyjazaZ0 (4 minutes 22 seconds)

3. Discuss the answers.

ACTIVITY 2

4. Work with the class to come up with and write down rules about how they can stay safe when using the internet and also what they may do already to keep themselves safe. Here are some examples:

- Stop, block, tell. (Don't respond to a negative comment, block the cyberbully and report them.)
- Get your parents to monitor what sites you are visiting.
- Be careful about what you write on the internet.
- Only talk to friends and not strangers.

5. End the exercise by telling the class that it is OK if they have not been following the rules, but now they know about them it is important to start following them and to tell other people to follow them too.

EVALUATION

• Ask everyone to discuss why each of the rules in Activity 2 will help them to stay safe online. Are there any they would find more difficult to do than others and why?

• Ask everyone to produce a flyer about internet safety for teens.

NOTES

• Do not worry if you do not have time to complete both activities. You can choose the one you feel will be most beneficial.