Create, connect and share respect: A better internet starts with you!

Wellbeing and healthy relationships

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Who has ever…

- Liked their friend’s comment?
- Taken a selfie of you and your best friend?
- Chatted in a group message?
- Helped a friend in an online game?
Think of the 3 friends or family you connect with the most online.

Why do you like spending time with them online?
The internet can give us lots of great opportunities to connect with our friends and family.

- Using video chat to talk to family who live far away
- Working together with our friends to get the top score on a game
- Messaging our friends about a new band we think they would like
- Sending our best friends a photo we took together

Playing with our school friends on online games at the weekend
When you say or do things online that make others happy, how does it make you feel?
Unfortunately, sometimes when we’re online, we might see or receive things that are **UNKIND** or **UPSETTING**.
We all have different things that we are interested in, or make us laugh, and we all find different things upset us, or make us angry.
Sometimes when we are online it’s hard to tell what will upset someone and what will make them laugh.

When we communicate using the internet we can’t be sure if other people will always understand what we mean, because...

- We can’t always use body language or facial expressions.
- In a message you can’t always express your tone of voice.
- We might find something funny, but someone else finds it mean.
You will now see 5 different ways people behaved online.

Decide how you feel about each one using these actions:

**Hands in the air:**
Great! A really kind thing to do

**Hands on your shoulders:**
I’m not sure this is okay

**Arms crossed:**
This isn’t a kind way to behave online
1. Mikala takes a really silly photo of Abi. Later on, Mikala shares it with some other friends without checking with Abi.

**Hands in the air:** Great! A really kind thing to do

**Hands on your shoulders:** I’m not sure this is okay

**Arms crossed:** This isn’t a kind way to behave online

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2. Josh sees Kerry upset at school. He knows her favourite animals are dogs, so later on he finds a funny video of some puppies and sends it to Kerry.

Hands in the air: Great! A really kind thing to do

Hands on your shoulders: I’m not sure this is okay

Arms crossed: This isn’t a kind way to behave online
3. Afua falls in the mud in the park. Her brother films her falling over, and sends it to her because he thinks she’ll find it funny too.

**Hands in the air:** Great! A really kind thing to do

**Hands on your shoulders:** I’m not sure this is okay

**Arms crossed:** This isn’t a kind way to behave online
4. Martha logs in to her favourite game that she plays with her friends from school. She makes a mistake and loses all the points they had won yesterday. Her friends get angry, and make her leave the game.

**Hands in the air:** Great! A really kind thing to do

**Hands on your shoulders:** I’m not sure this is okay

**Arms crossed:** This isn’t a kind way to behave online
5. Siddiq gets a new haircut. After school he gets a message from someone saying that they don’t like it. A couple of other people see this, and start saying other upsetting things to him.

**Hands in the air:** Great! A really kind thing to do

**Hands on your shoulders:** I’m not sure this is okay

**Arms crossed:** This isn’t a kind way to behave online
Different people will find different things upsetting, mean, funny or interesting.

However, in general we all need the same key ingredients from our friends and family to be happy online.
What are the key ingredients we need to feel happy and good about ourselves online?

- Sharing things with other to cheer them up or make them laugh
- Making positive choices online
- Helping our friends online
- Knowing what to do if something goes wrong
- Taking regular breaks from the internet
- Checking with others before about the things we share

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How can we make sure we are a good friend online?

- Support others
- Be kind and respectful
- Check before you share
- Share positivity
- Ask for help
We are celebrating Safer Internet Day!
We will be doing more fun Safer Internet Day activities today.

Now that you know how to create, connect and share respect online, why don’t you teach your family and friends all about what you have learnt today?

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