



Christie Lake Kids Girls Program

Digital Boot Camp



Online Safety

What you need to know:

- ▶ **How can I use the Internet and technology safely?**
- ▶ **What can I do if something happens that makes me uncomfortable?**
- ▶ **Where can I go for help?**



What do you like to do online?



What else?

- Minecraft
- Role-playing games
- Facetime
- KIK
- Snapchat
- YouTube
- Skype



...and more!



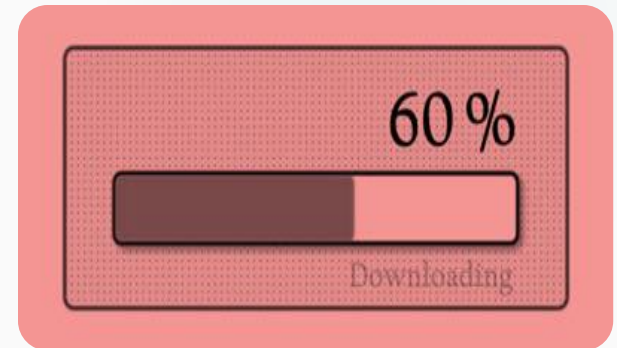
What is **AWESOME** about technology?



Learning



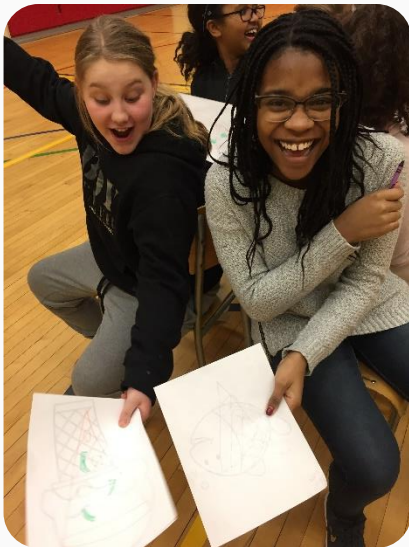
**Socializing
and sharing**



Entertaining



What are some risks with technology?



- **losing control** of personal information or images
- **having problems with friends** due to how or what others post online
- seeing material/content which makes you feel **weird or uncomfortable**
- Having contact with people online who **act inappropriately**



TRUE OR FALSE?

Raise your hand if you think
the following statements are

TRUE



TRUE OR FALSE?

Chatting with school friends and family online is a great way to communicate.





TRUE

Chatting with school friends and family online is a great way to communicate. Although, it is important to remember that the **online world is public, so you need to be careful what is shared.**



TRUE OR FALSE?

Agreeing to meet up with someone you've met online is a good idea and totally safe?





FALSE

It isn't safe to meet someone in person who you've met online. People aren't always who they say they are online. People can act nice online, but in real life they may not be safe.



TRUE OR FALSE?

**It's rude to block someone online,
even if they are asking weird and
uncomfortable questions.**





FALSE

If you feel uncomfortable or if someone asks you weird questions, you should stop talking to them and block them. Tell a safe adult.



TRUE OR FALSE?

If you send pictures to someone online, you cannot control what happens to them.





TRUE

If you send or post online, you cannot control what happens to messages, pictures, videos, etc. It is important to be careful what you choose to send to people.



TRUE OR FALSE?

If you think your friend is doing something unsafe or is being mistreated you should tell a safe adult, even if your friend tells you not to.





TRUE

If a friend is unsafe, it is important to get help from an adult. Adults are responsible for protecting children and helping support them through difficult situations.



What is cyberbullying?

Cyberbullying is when someone (or a group of people) is intentionally and repeatedly mean to someone through technology – this includes texting, apps, social media, online games, pictures, videos, etc.



Cyberbullying – TAKE A STAND

- ▶ **Do not “LIKE” or forward harmful messages, tweets or posts**
- ▶ **Challenge hurtful messages, tweets or posts with messages such as “That’s not cool,” “I think s/he is awesome,” etc.**
- ▶ **Send a message to the person who is being mistreated to see if they are okay and to let them know how they are being treated is wrong**
- ▶ **Save a copy of the harmful messages and tell an adult who can help**



Cyberbullying

What to do if YOU are being mistreated online:

TALK to someone

CHANGE your email address and username

REVIEW and adjust your privacy settings

DO NOT respond to the person if they attempt to contact you again

BLOCK the bully from contacting you

DELETE the person as a friend/contact on social networking sites

REPORT the person to someone who can do something about it



Personal Boundaries Are Important

- ▶ **Setting personal boundaries is about setting limits.**
- ▶ **Boundaries are knowing what you are OKAY and NOT OKAY with. This will help you protect yourself from being taken advantage of or being mistreated by others.**

Boundaries include:

Your personal space

Your belongings

Your body

Your beliefs, thoughts and feelings

Boundaries are important online and offline



Signs of someone not respecting your personal boundaries:

- ▶ **Pressuring** you to do something that you do not want to do
- ▶ Saying things to you that make you feel **uncomfortable**
- ▶ Giving you attention that makes you feel **uncomfortable or scares** you
- ▶ Wanting to take pictures of you in private (**secret pictures**)
- ▶ Not taking **NO** for an answer

#That'sWeird





Did You Know?

Just because a person is nice does not mean they are trustworthy or safe.

Paying attention to weird behaviour will help you stay safe. People should respect your personal boundaries!



WHAT'S WEIRD?

Listen for things in this story that make you think...

THAT'S WEIRD!

I was playing a game online tonight and I started chatting with this guy. He seemed really nice, but then he told me he was 19 years old. He said that he wanted to be my boyfriend because I was awesome. I told him, "Forget it!" But he wouldn't listen.

He started begging me to be his girlfriend. Can you believe it? Something is seriously wrong with this guy.

How gross is that? He told me that he had other 10-year-old girlfriends before me. He said I was really mature for my age. I blocked the guy and went and watched TV! If my parents ever found out, I would be grounded forever.

Grossed out,
Age 10



WHAT'S WEIRD?

- ▶ Gressed Out was chatting with a random person
- ▶ The guy is 19 years old
- ▶ He wants to be her boyfriend and she is 10 years old
- ▶ He didn't listen when Gressed Out said forget it

Did Gressed Out do the right thing? Explain.

**Gressed Out did the right thing when she stopped talking to him.
BUT...**

Gressed Out didn't tell her parents or another safe adult what happened. Gressed Out said she would get into trouble, but in reality parents/safe adults would be happy that you've told them.



Tips to Remember:



- **The Internet is a public place**
- **Once pictures/videos are sent, it can be easy to lose control over what happens to them**
- **The Internet is uncensored**
- **Trust your instincts and block anyone who asks questions online that seem “weird”**



Tips to Remember:



- **It's illegal to threaten someone**
- **Tell a safe adult if you are being threatened**
- **Only add people you know offline as your friends/contacts**
- **Get permission from someone before posting or sharing a picture of them**
- **People aren't always who they say they are online**



Get HELP:

Family members



Another safe adult (such as a teacher, school guidance counsellor or school resource officer)

You can also contact a crisis line, like Kids Help Phone at 1-800-668-6868 or talk to us at Christie Lake Kids

