



Online Safety Booklet



Nowadays, our lives are more connected to the internet than ever before. Being connected is an incredible resource. It supports our learning, our access to information, helps us remain in touch with family and friends and provides entertainment. However, the internet can also expose us to certain risks that we have to be aware of in order to stay safe.

The internet should never be a place where we are bullied or made to feel scared, offended, embarrassed, or threatened.



Understanding online risks

Some of the risks we face online include

Being exposed to **Inappropriate content** that is violent or gory; adult content; racist, sexist, or hateful speech; or exposure to inappropriate marketing or advertising.

Experiencing **Dangers with chats**: where people we are in contact with behave inappropriately. We may find ourselves being harassed, stalked, or someone may try to trick you into doing something you don't want to do or something that you might regret, or may try to harm you in some way. It might start with the person being very friendly and helpful to make you trust them.

Cyber bullying: With so many of us now on social media, in group chats, and gaming platforms, we may encounter bullying. Bullying is repeated behavior that aims to scare, shame, or anger us. It may involve the spreading of lies about us, posting embarrassing photos, sending hurtful messages or threats, or even someone impersonating and sending mean messages to others pretending to be us.

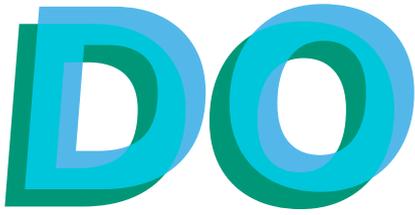
Scams and 'phishing': This is a type of fraud in which e-mail messages, instant messages and websites are used to deceive us into providing confidential, personal information that is then used to steal from us.

Understanding the contract: This is where we sign up for a service, or download an app, and are not sure exactly what we have signed up for. Sometimes our online data is used without our knowledge or express permission.

If you have an online experience that makes you feel uncomfortable, you should report it immediately to a parent, caregiver, teacher, or a recognized support service to receive help and guidance. You can check [Child Helpline International](#) online to get insights on possible services you can speak to. You can also report it to the game or app where it took place using the provided reporting mechanism.

Remember, you should never feel ashamed or embarrassed to report something that makes you feel uncomfortable.



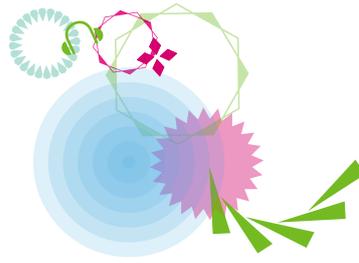


Staying safe whilst gaming - things to consider

- ✓ **Where possible, always set your profile to private** so it is only visible to those people you share it with, such as your friends. Take time to review the privacy settings to ensure you are ok with how your data is being used.
- ✓ Remember if you step away from the camera, the video may still be on and recording. Think about what other people can see when your video is on and **cover the camera when you are not using it**. Always double check your video is turned off at the end of a session.
- ✓ While some people may genuinely want to be friends or chat, there are others that target young people online to try to trick them or harm them. **Be cautious about who you engage with online** – remember, people might not be who they say they are.
- ✓ **Set a limit on the amount of time you spend on online gaming each week**. Make sure you balance your time gaming with other recreational activities, time for doing homework and being outdoors.
- ✓ At night, **prioritize getting some rest and a good night's sleep** – it is essential for your health and development and will help you play even better the next day.
- ✓ **Be aware** of technologies designed to make it hard for you to limit your time online.
- ✓ **Be a good digital citizen**, do not criticize or comment negatively on other players. If you see someone else being bullied online, don't just let it slide take action and report it.
- ✓ If you experience or witness inappropriate language, harmful content, bullying, hate speech, racism, or sexism **you should block the person and report it**. Many trolls are just seeking a reaction. Don't rise to it and let it eat up your precious gaming time.
- ✓ **If you receive inappropriate messages**, you should report the sender and block them so they cannot continue to contact you. Also make sure to speak to a trusted adult about what you have received.
- ✓ **Think carefully about what you post and share** – remember you cannot control what happens to content once it has been sent. Remember, it is generally not okay to share other people's private messages or images unless you're sharing with a trusted adult because something has made you feel uncomfortable.
- ✓ **Identify an adult you trust** and speak to that person about any concerns. You may be able to confide in your parents or caregivers, but it is common for young people to not want to speak to their parents or caregivers about many of the things that bother them.

Staying safe whilst gaming - things to consider

DON'T



- X** Never share your passwords.
- X** Never use your full name and **keep your personal details private** such as your date of birth, address, phone number, school etc. Always try to give the least amount of your personal information away as possible, only what is required when signing up or registering.
- X** Do not include your picture in your profile.
- X** Do not provide your location in any status updates and make sure when you are using video that your location cannot be identified.
- X** Never agree to meet someone who approaches you online.
- X** Don't provide false information to get around age limits which are designed to protect you.

If anyone online asks you to do something that makes you feel uneasy in any way at all, don't do it, end the conversation immediately and block the person. If you do something that you realize was not a good idea, or that you regret doing, speak to someone you know and trust as soon as possible. It is never too late to ask for help.

Seeking help and assistance

It is important that you know where you can report any experiences online that make you feel uncomfortable. Remember, you should never feel embarrassed or ashamed to seek help.

If you're experiencing cyberbullying, you can access tips and advice for dealing with this at:

[Cyberbullying: What is it and how to stop it | UNICEF](#)

If you want to speak to the national Child Helpline you can find details of how to get in touch here: [Child helplines Archive - Child Helpline International](#)

Resources



How to change
privacy setting



UNICEF videos on
online safety



Voice of Youth
initiative
on online safety