# E-SAFETY

## IS THE NET DANGEROUS???

IIS UBERTINI CALUSO (TO) ITALY

ERASMUS+

Building a Brand Called Europe

Italy

Romania

Croatia

Estonia

We think the net is <u>more useful than dangerous.</u>

But some advice can help.... sometimes

# 1 Don't believe in what unknown people say

People lie a lot to others online.

People who you meet online might not be who they say to be

Better chatting and exchanging material with friends of the real world.

# 2 Better not to give out personal details

Such as mobile phone number, own pictures, email address, home address ...

Any kind of code, account, password ...

Create strong passwords

# 3 Remember you are building your **Digital Footprint**

The net remembers: never send/receive inappropriate messages, they will stay there for ever and can be read by those who want to know you

# 4 Meeting online friends???

Perhaps not alone... this can be very dangerous...

Grooming is possible, some people use the internet to meet younger persons

# 5 No cyberbullying

Don't abuse your power, you might know more, have more skills, more power, you might be easier, but you don't have the right to take advantage of it: use netiquette.

And if you meet online people who have a bad behaviour, stop any contact and report that to relatives, friends or authorities.

# 6 Gaming must be funny

Internet gaming can become a disorder.

Compulsive use of video games over an extended period can exclude people from real life.

# 7 Fake news!

Searching for information is one of the main activities on the net. But we can find a lot of wrong information.

We must learn to understand the validity of the statements.

# 8 Suddenly... bad images

Violent images, sexting, pornography, pedophilia ...

Delete, remove, stay far

# 9 Protect your devices

Viruses and pop-ups can come from the network.

Use strong antivirus software.

# 10 Do not reply to spam/ junk email & texts.

It's probably not dangerous, but you'll get more and more of it.

In Italy we have 'chain letters': for example, you get a message that brings you luck only if you send it to 5 other people... freeze them!

And finally…

# how much time do you spend each day looking at your mobile phone or laptop???

What is the right amount of time that saves us from ourselves, from addiction, and still makes us capable of having a good life in the real world?

we'll try to find it together

Bye

# A quiz???

- Try this one, is quite difficult, but there are tutorials (https://edu.gcfglobal.org/en/internetsafety/)

- https://edu.gcfglobal.org/en/internetsafety/internet-safety-quiz/1/