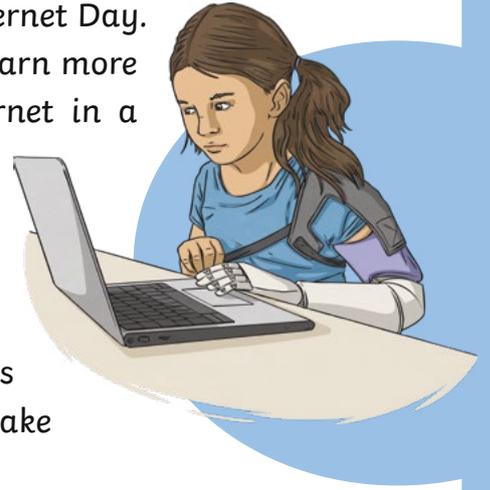


# Safer Internet Day 2021

Every year, schools across the world support Safer Internet Day. The aim of the day is to help children and adults to learn more about how to stay safe online and to use the Internet in a responsible way. This year's event is being held on Tuesday 9<sup>th</sup> February.

Each year, Safer Internet Day has a different, themed focus. The theme this year is 'An Internet we trust: exploring reliability in the online world', which focuses on being able to decide what we can trust and to make the best decisions while online.



## An Internet We Trust: Exploring Reliability in the Online World

The online world is a great source of information and offers opportunities to research, learn new facts or skills and even develop people's views and opinions.

The Internet is also an important way for young people to enjoy positive relationships with their peers, such as through gaming and social media sites. But how do we know what or who we can trust?



As we explore the online world, we are constantly having to make decisions about who and what to trust. The 2021 Safer Internet Day campaign focuses on supporting young people to question and challenge what they see online. It hopes to give them the skills and strategies they need to be able to spot and speak out against any harmful and misleading content they might come across.

### How Do You Use the Internet?

We all use the Internet differently. For example, here are some online activities that people like to do:

- listening to music
- watching funny videos
- chatting with friends
- contacting family who live far away
- gaming
- researching for homework

How do you like to use the Internet?



## Everything Is Not Always as It Seems

### Photos

Photos can often exaggerate real life. People usually pick the prettiest and happiest pictures of themselves to share online. These images of other people's (carefully chosen) so-called perfect lives can sometimes leave you feeling low. Try not to compare yourself though and remember that the photos probably don't tell the whole story.

### Fake News

Although the Internet is a great source of information for young people, unfortunately not everything is always as it seems. The online world also contains misleading content and fake news. Fake news is false information that is published, claiming to be true and reliable news.

Fake and imprecise content is harmful because it can impact young people's decisions, views and opinions and cause them to act on false information. It also breaks the trust we have of people in the media, many of whom are in fact reporting honestly.

Safer Internet Day 2021 will look at why inaccurate content exists, where it comes from and how young people can manage it.



## Reducing Screen Time

Make sure you take regular breaks away from electronic devices. If you find yourself spending a lot of time online and even thinking about it when you're offline, then it's probably time to cut down your screen time.



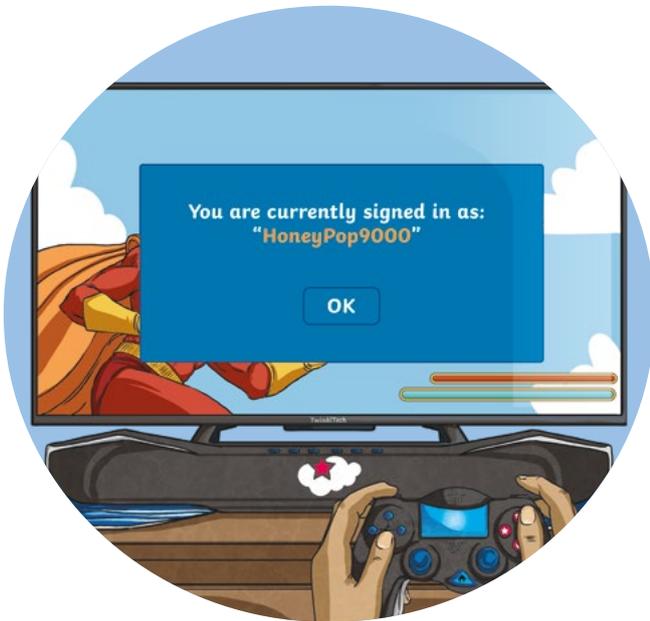
### Did You Know...?

Globally, over 4.6 billion people are regular Internet users according to a study from October 2020. This is about 59% of the worldwide population.

## Staying Safe Online

The Internet is an incredibly powerful tool. However, we must think about how to use it safely. Sometimes, if we are in a group chat or playing an online game, we might see or hear something that worries, confuses or upsets us. There are ways to report this so that it is less likely to happen again. For example, many apps and games have 'Report', 'Help' or 'Block' buttons. 'Report' can help us to report anything that makes us feel unsafe or unhappy. 'Help' is if you have a problem with an app and 'Block' is useful if you don't want to get any more messages from someone. It can also be a good idea to save evidence (such as a picture or a message).

Most importantly, we should tell an adult about what has happened.



Safer Internet Day 2021 celebrates what an amazing place the Internet is to be creative, chat with friends and find out interesting information. It's important to make the most of it while also being safe, sensible and able to separate fact from fiction.

# Questions

1. What is the aim of Safer Internet Day?

2. Mark whether the statements are true or false.

|                                                                                                                                                    | True | False |
|----------------------------------------------------------------------------------------------------------------------------------------------------|------|-------|
| Safer Internet Day is happening on February 19 <sup>th</sup> 2021.                                                                                 |      |       |
| The Internet offers opportunities to research and learn new facts or skills.                                                                       |      |       |
| The Internet is an important way for young people to enjoy positive relationships with their peers, such as through gaming and social media sites. |      |       |
| You should believe everything you read on the Internet.                                                                                            |      |       |

3. Discuss why you should try not to compare yourselves to photos you see of other people online?

4. What is fake news?

5. Look at the How Do You Use the Internet? section. Find and copy one word which means 'speaking to or communicating with someone'.

6. Click on the correct action to take to match the situations.

Sid tries but he can't log on to his game.

A stranger keeps sending Luca annoying messages.

Abdulrahman saw a video that worried him.

Something has made you feel unsafe, worried or unhappy.

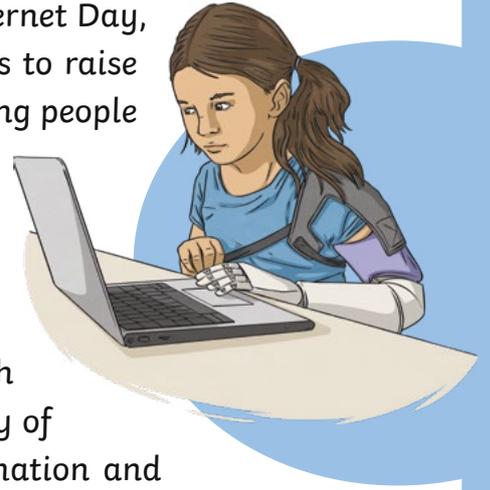
7. What advice would you give to someone spending too much time online?

8. Do you think Safer Internet Day is important? Explain your answer.

# Safer Internet Day 2021

Every year, schools across the world support Safer Internet Day, an event which started in 2005. The aim of the day is to raise awareness about current online issues and to help young people learn about how to be safe and sensible online. This year's event is being held on Tuesday 9<sup>th</sup> February.

Each year, Safer Internet Day has a different, themed focus. The theme for 2021 is, 'An Internet we trust: exploring reliability in the online world', which highlights the importance of questioning the reliability of what we see online by asking, what is factual information and what might be fiction?



## An Internet We Trust: Exploring Reliability in the Online World

The online world is a great source of information and offers opportunities to research, learn new facts or skills and even broaden viewpoints for people of all ages. The Internet is also a great way for young people to experience positive relationships with their peers, such as through gaming and social media sites. However, as they navigate around the online world, they are constantly having to make decisions about who and what to trust.

The 2021 Safer Internet Day campaign focuses on how to decide what we can trust on the Internet, supporting young people to question, challenge and improve the online world. It hopes to give young people the skills and strategies to make smart decisions while online and to be able to spot and speak out against any harmful and misleading content they might come across.

### Uses of the Internet

We all use the Internet differently. Here are some online activities that people enjoy:

- listening to music
- using apps to keep in touch with family who live far away
- watching funny videos
- chatting with friends
- gaming
- researching for homework

How do you like to use the Internet?



## Everything Is Not Always as It Seems

### Photos

Photos can often embellish (exaggerate) real life. People usually use the prettiest, happiest pictures of themselves to share online. Images of other people's (carefully chosen) so-called, perfect lives can sometimes leave you feeling low. Try not to compare yourself; remember that these photos probably don't tell the whole story.

### Fake News

Although the Internet is a great source of information for young people, we should not always believe everything we read. Unfortunately, the online world also contains misleading content and fake news. Fake news is false information that is published, claiming to be true and reliable news.

Bogus and fictitious information can be incredibly harmful as it can influence and persuade our decisions, actions, views and opinions, as well as what we share online. It also breaks the trust we have of people in the media, many of whom are in fact reporting honestly.

Safer Internet Day 2021 will look at why inaccurate content exists, where it comes from and how young people can manage it.



## Reducing Screen Time

If you find yourself spending a lot of time online and even thinking about it when you're offline, then you probably need to reduce your screen time. While the Internet can be fun, there's a whole world out there, waiting to be explored. Make sure you take regular breaks away from electronic devices.



### Did You Know...?

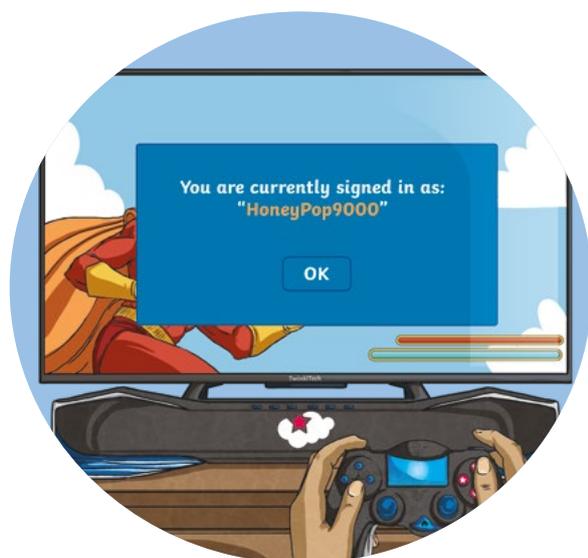
Globally, over 4.6 billion people are regular Internet users according to a study from October 2020. This encompasses approximately 59% of the global population.

## Staying Safe Online

The Internet is an incredibly powerful tool that can be accessed at all times through devices at our fingertips. However, it is crucial to consider how, when and why we use it. Staying safe online is very important for our health and wellbeing. We also need to be supporting others online, just as we would help and support our friends and family offline.

Sometimes, if we are in a group chat or playing an online game, we might see or hear something that worries, confuses or upsets us. If this happens, there are ways to report it so that it is less likely to happen again. For example, many apps and games have 'Report', 'Help' or 'Block' buttons. 'Report' can help us to report anything that makes us feel unsafe or unhappy. 'Help' is if you have a problem with an app and 'Block' is useful if you don't want to get any more messages from someone. It can also be a good idea to save evidence (such as a picture or a message).

Most importantly, we should tell an adult about what has happened and how it has made us feel.



Safer Internet Day 2021 celebrates the amazing range of information and opportunities online. The Internet has potential to inform and connect young people but they must remember to be safe, sensible and know how to be able to separate fact from fiction.

# Questions

1. What is the theme of Safer Internet Day 2021?
2. Which of the following is the 2021 Safer Internet Day theme focusing on? Tick **two**.

questioning the reliability of what we see online

researching homework

to give young people the skills and strategies to make smart decisions while online

making inaccurate content

3. Find and copy a word that means the same as 'find their way'.
4. Fill in the missing words.

Although the Internet is a great source of information for young people, we should not always \_\_\_\_\_ everything we read. Unfortunately, the online world also contains

\_\_\_\_\_ content and fake news.

5. Describe what fake news is in your own words.

6. In what way can the Internet help families that live in different countries?

7. Click on the correct action to take to match the situations.

Sid tries but he can't log on to his game.

A stranger keeps sending Luca annoying messages.

Abdulrahman saw a video that worried him.

Something has made you feel unsafe, worried or unhappy.

8. Nisha is worried about an unkind comment that someone made on her latest video. Someone tells her to 'forget about it' but she is still worried. Do you think this advice is helpful? What could she do instead? Support your answer with evidence from the text.

9. Do you think Safer Internet Day is important? Explain your answer.

# Safer Internet Day 2021

Every year since 2005, schools in more than 150 countries across the world have supported Safer Internet Day, which provides schoolchildren and school staff with information on how to stay safe online. It aims to raise awareness of current online issues and to help young people look after their wellbeing and safety when using the Internet. This year's event is being held on Tuesday 9<sup>th</sup> February 2021.

Different each year, in 2021, the Safer Internet Day theme is 'An Internet we trust: exploring reliability in the online world'. This has been chosen to highlight the importance of questioning the reliability and trustworthiness of what we see online by asking, what is accurate and what is fictitious?

## **An Internet We Trust: Exploring Reliability in the Online World**

The online world is an incredible fount (source) of information: - it presents opportunities to research, learn new facts or skills and can even broaden viewpoints for people of all ages. The Internet is also an important way for young people to connect and experience positive relationships - to play, interact and share their lives with their peers. However, young people should approach the online world with some caution as they navigate around it and should be constantly making decisions about who and what to trust in the context of playing games together and socialising online.

Safer Internet Day gives young people the chance to develop the skills they need to be able to make the best decisions as they navigate an online world, where everything is not always as it seems. The 2021 campaign will focus on showing young people how to decide what they can trust on the Internet, as well as supporting them to question, challenge and improve the online world. They want to create a supportive yet critical and questioning environment, which encourages debate and discussion.

Once they are more confident at separating fact from fiction, it is crucial that they feel comfortable to speak out against harmful and misleading content online and to take the next steps in helping to create an Internet full of trustworthy and reliable information.

### **Did You Know...?**

Globally, over 4.6 billion people are regular Internet users according to a study from October 2020. This encompasses approximately 59% of the global population.



### Everything Is Not Always as It Seems

#### Photos

People tend to share the prettiest, happiest pictures of themselves online to try and portray (show) the kind of life (and person) they want to be. However, many photos often embellish (exaggerate) real life. Images of other people's (carefully chosen) so-called, perfect lives can sometimes leave you feeling down. Try not to compare yourself; remembering that these photos probably don't tell the whole story.

#### Fake News

Despite the Internet being a great source of news and information for young people, we should not always believe everything we read. Worryingly, the online world also contains inaccurate content and fake news. Fake news is false information that is published under the pretence of being trustworthy and reliable news.

Sometimes, completely false stories are deliberately published to make people believe something untrue or to get lots of people to visit a website. There are also stories that have some truth to them but are not entirely accurate. This is because the journalists or bloggers writing them don't check all the facts before publishing the story or they might exaggerate some of it.

Phony and fabricated information can be incredibly harmful as it can influence and persuade our decisions, actions, views and opinions, as well as what we share online. It also destroys the trust we have of people in the media, many of whom are in fact reporting honestly.

Safer Internet Day 2021 will look at why inaccurate content exists, where it comes from and how young people can manage it.

#### Reducing Screen Time

If you find yourself spending a lot of time online and even thinking about it when you're offline, then you probably need to reduce your screen time. While the Internet can be fun, there's a whole world out there, waiting to be explored. Make sure you take regular breaks away from electronic devices. It's all about striking a good balance.



## Our Use of the Internet

Many people across the world are using the Internet in their daily lives. We can use the Internet in a multitude of different ways. For example, here are some online activities that people enjoy:

- listening to music
- watching humorous videos (and making their own ones)
- chatting with friends
- using apps to keep in touch with family who live far away
- gaming (and watching walk-throughs of other people gaming)

How do you like to use the Internet?

## Staying Safe Online

The Internet is an incredibly powerful and convenient tool that can be accessed at all times of day or night, through devices within hand's reach. However, staying safe online by looking after ourselves and each other is very important.

It is sadly not uncommon for young people, when in a group chat or playing an online game or another activity, to see or hear something that causes worry, confusion or unease. Fortunately, if this happens, there are ways to report the problem so that it is less likely to happen again. For example, many apps and games have 'Report', 'Help' or 'Block' buttons. 'Report' can help us to report anything that makes us feel unsafe or unhappy. 'Help' is if you have a problem with an app and 'Block' is useful if you don't want to receive any more messages from someone. Saving evidence (such as a picture or a message) can also be useful.

Most importantly, we should tell an adult if we feel worried, confused, unsafe or unhappy about anything that happens while online.



The Internet is an amazing place to be creative, chat with friends and find interesting, fun stuff. Safer Internet Day 2021 wants to celebrate the amazing range of information and opportunities online, and it's potential to inform, connect and inspire young people while also being safe, sensible and able to separate fact from fiction.

# Questions

1. What are the aims of Safer Internet Day?

2. Mark whether the statements are true or false.

|                                                                                                         | True | False |
|---------------------------------------------------------------------------------------------------------|------|-------|
| Safer Internet Day started in 2005.                                                                     |      |       |
| This year's event is being held on Tuesday 9 <sup>th</sup> February 2021.                               |      |       |
| The Safer Internet Day 2021 theme is 'An Internet we can rely on: exploring trustworthy content online' |      |       |
| You should believe everything you read on the Internet.                                                 |      |       |

3. **...young people should approach the online world with some caution.**

What is meant by this?

4. Describe the **two** different types of fake news that can be published on the Internet and why journalists or bloggers write them.

5. Find and copy a word that means the same as 'fake' and 'fictitious'.

**6. Watching humorous videos...**

The word 'humorous' suggests that the videos are...

Tick one.

important

unnecessary

funny

hurtful

**7. Describe the buttons that can help users to stay safe online.**

Support your answer with evidence from the text.

**8. What percentage of the global population are online?**

**9. Your friend is worried they have been spending too much time online recently. What advice would you give to them and why?**

**10. Why do you think it is important for us all to learn about staying safe online and exploring reliability in the online world?**