

Resource sheet

How to stay smart online

This challenge pack is aimed at older children, 7 - 11. However it is also suitable for younger children, if done with an adult.

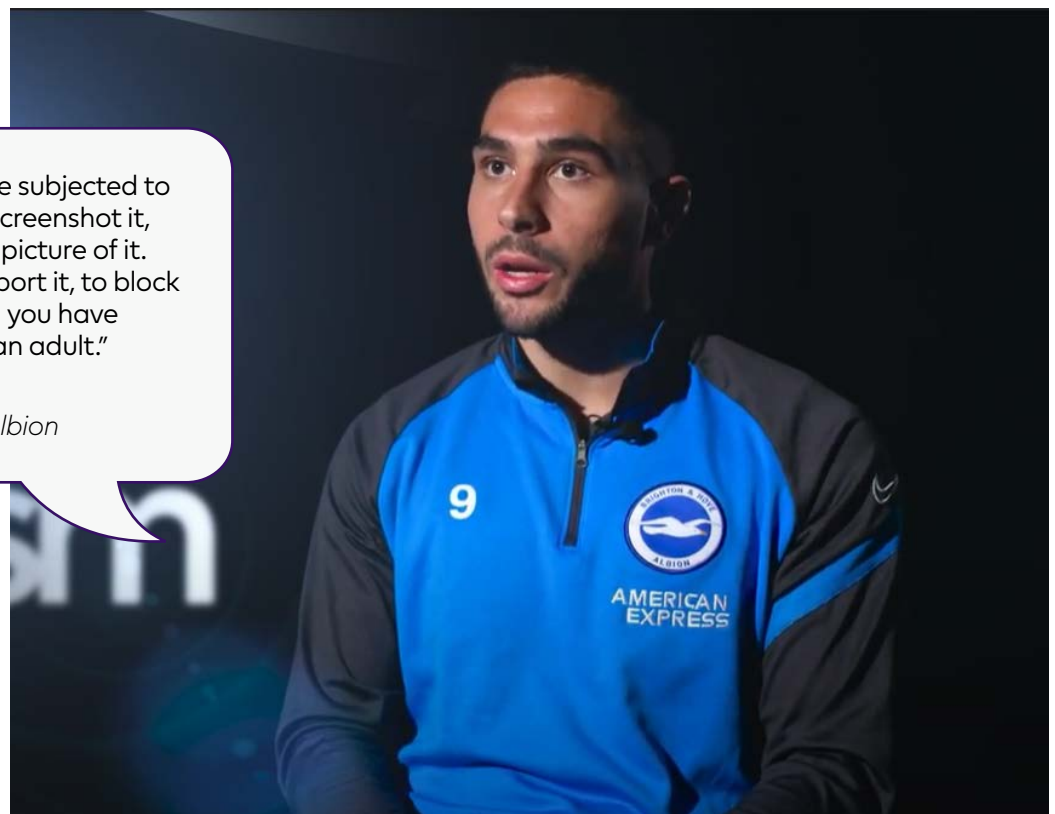
We all know how vital the internet is, especially now we are all using it more than ever to stay connected, work and attend school. We also use it for gaming, watching videos, chatting with friends and discovering new things. However, while it is a brilliant resource, we have to make sure we are careful when we use it and that we use it **responsibly**.

Why is this? It's because information we find online isn't always reliable. Some websites and social media platforms can contain untrue information, or even things to deliberately upset someone else, such as **racism**.

You might have experienced situations like this before: perhaps you have read something on social media or a website that turned out to be **untrue**. It can be confusing to know what is real and what information we should be suspicious of.

"I think, when you are subjected to abuse, you have to screenshot it, first of all. To have a picture of it. Then you have to report it, to block the person and then you have to go and speak to an adult."

*Neal Maupay,
Brighton and Hove Albion*



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**Things to remember when online:**

- Check you are following your family's online rules.
- Remember, not everything you read is true – if you see headlines that don't seem genuine, they probably aren't. They might be an attempt at humour. Friends or celebrities that you can follow can repost things that aren't true too.
- If you see an advert and are not sure if it's genuine, check separately via another search and ask a trusted adult about it. Sometimes people are paid to endorse products so have an incentive to say something that might not be completely true.
- Unfortunately, there is a lot of hurtful content online, especially on social media, including racism and homophobia. Many Premier League football players have been the victims of this abuse. **Remember - if you ever see something that upsets you online, talk to an adult who can help and support you.**
- Competitions that offer prizes usually ask for personal information. Always check with a trusted adult before entering.
- Remember, photos and videos are often changed to get people to watch them so may not be showing accurate information.
- Always keep your personal information secure and never agree to meet anyone online or answer personal questions to strangers. If anyone asks you to, talk to a trusted adult.
- Chain messages are not true and can be a real source of stress. It's best not to share them and to talk to a trusted adult.

