

Lesson Plan

Here we have collated the basics of online safety that can be delivered to children as part of the **Get Safe Online Global24** event. These simple do's and don'ts can really make a difference to online safety and are always worth repeating.

Powerful Passwords

What makes a weak password?

Don't use:

- Your actual name / username
- Family birth dates
- Pets' names
- Numerical sequences (123 etc)
- Favourite team names



Jennifer123

What makes a strong password?

Do use:

- Three random words
- Capitals and lower case
- Numbers
- Symbols
- If possible - at least 15 characters



Cereal£Model\$Handle19!

Use the attached Password Picture as an aid.

Protection from Bullying

- Block cyberbullies' social media, email and instant messaging accounts as appropriate. Do not engage with them.
- Report cyberbullies to your internet service provider (ISP), mobile phone provider (if bullying is via texts or calls) or social media site/app.
- Consider changing your phone number if the bullying is by text or phone call, and keep the new one private.
- Protect all your passwords and password protect your phone.
- Do not reply, this is playing into the hands of the bully.
- Talk to a friend, family member or other trusted person about what is happening and how it makes you feel.
- Keep upsetting emails, messages and posts as evidence if reporting the bullying.
- Report serious bullying such as threats of physical harm or abuse, to the police.

Use the Wordsearch so that children can spot the relevant terms and then explain their meaning.

Socialising Safely Online

- Be careful who you trust online and remember that some online 'friends' are really strangers.
- Do not overshare – protect your identity and your images – once online, always online
- Keep your personal information secret, even if people ask for this.
- Remember that you can always log out/block people/not answer
- Think before you answer private messages.
- Do not use your real name – but use a nickname instead
- Report people breaking the rules to the chatroom provider / save or copy chat logs / tell your parents what has happened
- Never meet anyone you have met online, without telling your parents first.

Use the attached Helping Hand picture so children know who they can trust.

