



Year 7 E-Safety – Online Safety

Keywords

Biometrics	Short for biometric authentication – used as a form of identification, using something physical, such as your finger print, in place of a password.
Cyberbullying	Using electronic communication to bully or harass someone, can also include impersonating another person online.
Data	Information – can relate to your account log-in details or your digital files, documents you have created, messages you have sent or received, digital photographs etc.
Email	Electronic mail
Hackers	A person who uses electronic devices such as computers or smart phones to gain unauthorised access to data.
Inappropriate content	Content or images online that contains personal information about others, hateful or malicious content (cyberbullying) and/or sexually explicit material.
Password	A string of characters used to grant access to areas of a computer system or account.
Phishing	A fake email sent to attempt to get information, such as passwords or credit card information.
Social Media	Also known as social networks – websites or applications that allow users to create and share digital content.
Spam	Unwanted, unrequested emails – they usually contain marketing. Can sometimes contain graphic material.
Virus	Can be attached or embedded in an email. When the email is opened or a link is clicked it will activate the code that can damage the receiving device.

Keeping your data safe:

One of the most important things you can do to keep your data safe is by creating a strong password for your accounts and make sure that you change the default passwords. Use the following rules to create a strong password:

- Don't use the same password for multiple accounts,
- Don't write it down or tell other people,
- Use at least 8 characters (but 10 is better!),
- Include at least 1 upper case character, 1 lower case character, 1 number and 1 special character (such as ?, !, *, _ , -),
- Make it memorable but not personal, avoid things like pet's names, or your favourite sports team.



Other types of security to keep your data safe:

Biometrics (such as facial or fingerprint recognition) or patterns in place of or in addition to a strong password.

Installing and keeping up to date antivirus software on your devices.





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What is Cyber Bullying?

Cyberbullying is bullying that takes place through the use of technology, for example a mobile phone or internet.

Cyberbullying includes things like:

- Making threats
- Starting or spreading rumours
- Pretending to be someone else

What should you do if you experience it or see it?

- Don't reply
- Take a screenshot
- Block the sender
- Tell someone
- Report it

Report



Keeping your identity safe online

When sharing online remember that everyone you are 'friends' with, or that follows you, can see it too.

- What could they do with it?
- Could they recreate you online identity?
- Are they who they say they are?

Only add people to your social network you know offline.



Useful Links

Online safety: <https://www.bbc.co.uk/bitesize/guides/z9p9kqt/revision/1>

eSafety: <https://www.bbc.co.uk/bitesize/guides/zrtrd2p/revision/1>

Thinkuknow:

Help!: https://www.thinkuknow.co.uk/11_13/help/



Social networking:

Social networks are useful and fun. They contain lots of information. Social networks can allow users to find and interact with people with similar interests.

BUT...

Social networks have also been used by online strangers to gain information to impersonate others, to groom younger users and by people as a tool to cyberbully. Social networks can contain inappropriate content or be a medium for people to send inappropriate content.

If you experience anything inappropriate online:

Block, delete and report. The process to do this will be different depending on which social network you are using – make sure you know how to do this when you first sign up. Viewing inappropriate content, experiencing cyber bullying or being groomed can be very upsetting but you don't need to go through it alone, speak to a trusted adult. Support can also be sought with Child Line online or on the phone.

