CYBER SAFETY PASIFIKA

STAYING SAFE

Why is it important to stay safe online?

The internet has many benefits. It's a way of:

- staying connected to our friends and families
- learning
- passing time.

We want everyone to have a good, and safe, experience when they use the internet.

Learning about some of the unsafe things that can happen, and what we can do about them, will help us to look out for ourselves, family and friends.

What can happen if I'm not safe online?

Cyberbullying

Some people use the internet to bully others.
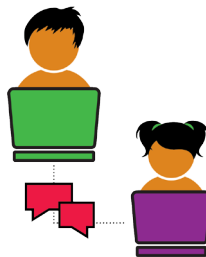
Cyberbullying may involve:

- abusive language
- intimidation – pressuring someone
- threats
- humiliation – embarrassing a person.

Unwanted contact

Not everyone you meet online is who they say they are.

Unfortunately, some adults can make children feel unsafe, or put them in an unsafe situation, when online.

It's important that you know who your children are talking to on the internet.

Sharing personal sexual content

People use the internet to create, share or post content about themselves.

Sometimes they might create content, such as photos or videos, that are sexual in nature.

Inappropriate or unsafe content

The internet has given us a new way to share content with more people. Some content may be illegal, upsetting or unsuitable for some age groups.

Inappropriate or unsafe content might include:

- pornography
- violence
- extremist behaviour
- sites that encourage criminal and anti-social behaviour
- offensive content such as text, photos or videos on social media
- chatrooms or blogs that encourage racism or hate.
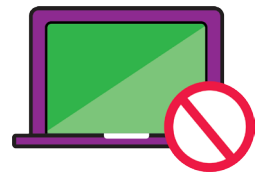
Cyber Safety Pasifika's top tips for staying safe

- Only talk to people on the internet who you know and trust.
- Think before you post something on the internet about another person.
- Learn how to block and report people on the sites you use.
- If you see something that makes you feel uncomfortable, tell someone you trust.
- Have respectful relationships – respect for each other, for our privacy and for our rights online.