

It can seem scary to talk to your children about using the internet. Especially if you aren't sure where to start, or you haven't had much experience with technology.

It doesn't matter if you don't know much about technology – we're here to help you learn.

## How do young people connect to the internet?

You can connect to the internet using a computer, laptop, tablet or smartphone. A smartphone is a mobile phone that works like a small computer that can connect to the internet. Laptops, tablets and smartphones are also called mobile devices.



## How do young people use the internet?

### Apps

Applications, also known as apps, can be downloaded onto computers and mobile devices. Each app is a program that can do different things.



### Social media

Social media is used to describe different websites and apps where you create a personal profile to communicate with others. Examples include Facebook, Instagram and Snapchat.



### Gaming

Gaming can be a great way for young people to have fun. Games can help children:

- learn problem solving skills
- work with others
- grow confidence.



### Instant messaging and 'chat'

The internet makes staying in touch with friends and family easier. You might talk to your friends online after school or work, or to friends and family that live far away.



Instant messaging (IM), 'direct messaging' and 'chat' are messages sent (and received) in real time over the internet. You can also video chat if you have a computer or mobile device with a webcam/camera.

It means that you can instantly communicate with anyone, anywhere in the world.

### Downloading or file sharing

Downloading is when you copy data, files or information from one computer system to another. This is usually done over the internet.



Young people might download apps and music on to their mobile device, or games on to a computer.

## Cyber Safety Pasifika's top tips for using technology

- Be careful accepting friend or follower requests on social media from people you don't know.
- Personal information, such as your first and last name, age, school or workplace, shouldn't be shared online.
- Make sure you set up secure privacy settings on your social media accounts.
- Learn how to block and report people if someone makes you uncomfortable.
- Know how to get help on the social media websites and apps you use.

