

Cyber Safety in Action – Teacher’s resource

These scenarios and activities are designed to reinforce Internet Safe Education key messages. Gender neutral names are used in the scenarios. Please assign pronouns if that works better for your students. (Provision made for single gender schools)

Key Messages

- The internet is PUBLIC and PERMANENT
- I protect my personal details online
- People I only know on the internet are strangers
- We all have rules on the internet and computers
- I talk to a trusted adult if I have an online problem



1 – Cam is on their laptop researching information for an assignment. A video link looks useful however the family safe software alerts with a message ‘access restricted’. Cam knows that their Dad’s laptop doesn’t have the family safe restrictions.

Would it be appropriate for Cam to use their Dad’s laptop because the video is for a school assignment?

- Focus on the possible safety issues rather than their good intention to do school work. School work is important but not so important that they can break the rules. Focus on the reason for rules. Why does the family use the software? To protect children from upsetting or fraudulent content and content that might be violent or inappropriate in another way. The link might infect the computer with malware of some sort, most likely with the intention to capture the families private data.

What could Cam do?

- Hopefully they have raised ideas like ask their Dad for permission or ask their Dad to check it first. Alternatively, move on to another source.
- Children are masters of work arounds. This is an opportunity to talk through consequences and options before they are in the position.

2 – Someone has made a fake account in Jamie’s name using Jamie’s photo and they are saying nasty things about other students at school. People are angry at Jamie and are calling them a bully. The school has contacted Jamie’s parents. What can Jamie do?

- Preferred responses
 - Acknowledge how this would likely make you feel. The important point is how Jamie responds. It’s important to be calm before you respond.
 - Involve adults in the solution. Parents. School. Counsellor.
 - Report the account to the platform – falsely representing Jamie.
 - A fraudulent account used in this way is a form of bullying and could be reported to eSafety. eSafety will also contact the platform to have the account removed.
 - Respond to the false account to inform them you have reported them.

- Reach out to the people being bullied or spoken about poorly. Respond respectfully and kindly using your own social media account so that people can see your real account. Explain that Jamie would delete the hurtful things if Jamie had access to the account. Encourage them to report and block the account. If Jamie didn't have social media, they could approach the students at school, perhaps with a teacher present to reassure the students.

44% of Australian young people reported having a negative online experience in the last 6 months, this includes 15% who received threats and abuse online'¹ This is a complicated issue that has cost many lives. Seek assistance from adults you trust. Matters can be reported online to eSafety and there are 24/7 helplines.

3 – Stevie has been chatting to Ava online. Ava has sent Stevie an image of herself in her soccer uniform. The image shows Ava is about the same age and Stevie plays soccer too. Ava will be in town on Saturday and wants to meet at the shops.

What are the potential dangers of having online friends you don't know in person?

- People are not always who they say they are.
- Theft - This person may be trying to find out information about Stevie's family through building a trusting relationship online.
- Meeting in the physical world is a great way to get Stevie and their parent/s out of the house at a time 'Ava' organises. This would be a reasonable time to expect there to be no or few people at home.
- Grooming / poor intentions related to Stevie. Isolating Stevie.

What should Stevie do?

- Issues to consider
 - Ava is an image and an online contact. Ava is not a friend in the physical world.
- Preferred responses
 - Decline.
 - Ask a parent about it and then make a plan if they agree. Where to go and when to be picked up. Go with a parent or older sibling.
 - Make it obvious that people will still be at home. If Andie changes the plan – be suspicious.

4 – In 2024 there were approximately 5.53 billion internet users worldwide. That is 67.5% of the world's population. 5.22 billion people use social media.² 1 billion is 1000 million. That's a number with 9 zeros (write it for them if possible). The whole of Australia has about 27 500 000 people.

I can make a webpage (make up an imaginary thing you wanted to talk about or sell – you can base it on something you've been learning about in class or just something to make them smile). **How many people in the world do you think could find and read my ideas in that webpage?**

1 Source: [The digital lives of Aussie teens](#), eSafety Commissioner (2021).

2 Statista.com verified on Dataportal.com

- Answer – all 5.53 billion people. You can talk about language differences etc to show that the point isn't that all those people WILL read it, just that it is available to them.

What about if I write some ideas in an Instagram post? How many people can read that?

- Answer – that depends on how well your security settings have been set up. You can protect yourself in some ways so that only people you trust and know can see your ideas and photos.

What if you sent a text to a friend and you said something unkind or angry about another person. How many people could see that? A text from your phone or iPad to theirs. That's private, isn't it? That's safe. No other people could see that. Is that true?

- Your friend can screenshot the discussion or forward the message. If the friend becomes angry with you or makes a poor decision, they might choose to pass that on to others or even put it in a public place like their social media account.
- Your words and pictures are never private once you pass them on or post them using an electronic device.

5 - What do you do if something upsets you or makes you uncomfortable online?

- Preferred responses – (encouraging strong self-regulation practices. Online problems are the same as physical world problems. Get offline to feel better.)
 - Same as when anything else upsets you, regardless of whether it is online.
 - Talk to someone you trust. Cuddle your pet. Listen to music and dance and sing. Colour in. Shoot some hoops. Go for a ride or a swim. Read a book you love. Do something that makes you feel happier or lighter. You can change your day when you change your mood.
 - Play Tetris or poyo poyo = therapeutic impact on trauma³
 - Deliberately choose to do things that make you feel better and ask for a hug from someone in your family when you need one.



- Everything is easier when you feel better and there is help – you just need to ask.

³ <https://pmc.ncbi.nlm.nih.gov/articles/PMC7828932/> 2020 Journal of Psychiatry and Neuroscience