

Safer Internet Day 2018

“Create, Connect and Share Respect: A better internet starts with you”

The internet is awesome!

How do you spend your time online?



How does the internet make you feel?



Headlines

Health & Science • Perspective

Teenage depression and suicide are way up – and so is smartphone use



INDY/LIFE

SCREEN TIME LINKED TO LOWER LEVELS OF HAPPINESS IN TEENAGERS, STUDY FINDS

The happiest teens spent less than an hour a day using digital media

Teen girls 'bombarded and confused' by sexting requests

#HEALTH NEWS JANUARY 16, 2018 / 10:16 PM / 13 DAYS AGO

Childhood bullying linked to suicide risk for teens

Heavy social media use linked to teenage blues



Cyber-bullying in UK schools has increased by 40% in just 12 months



Teenagers should read more and socialise in person instead

The Facts

56% of young people said they have seen others be bullied online

42% of young people have said they felt unsafe online.

24% of children and young people will experience some form of cyberbullying

What is Cyberbullying?

Harassment

Impersonation

Cyberstalking

Exclusion

Threatening behavior

Blackmailing and grooming

How does this affect us?

Of those who have experienced cyberbullying...

41% developed social anxiety

37% developed depression

26% had suicidal thoughts

What can we do to create a better online world?

- Talk to someone if you don't feel yourself
- Respect others online; would you say it in person or in front of a teacher?
 - Be positive about what you post
- Always be analytical about what you see, not everyone's life is as perfect as it appears on social media
 - Make sure you have a healthy balance online and offline
 - Report anything that makes you upset

If you experience cyberbullying or are worried about anything online make sure you

Tell a teacher

Tell a friend

Tell tootoot

Assembly Challenge!

Today we'll be reshaping the cyberbullying policies for our school. What policies do you think we should implement?

Spread the word about Safer Internet Day!

Share your poster or video online with the hashtag #SID2018

We want to put some of the best videos on the school website!

Assembly Review

- The internet is awesome, let's use it right
- Always be respectful kind & considerate when online
- **If something makes you upset or uncomfortable online, always report it.**