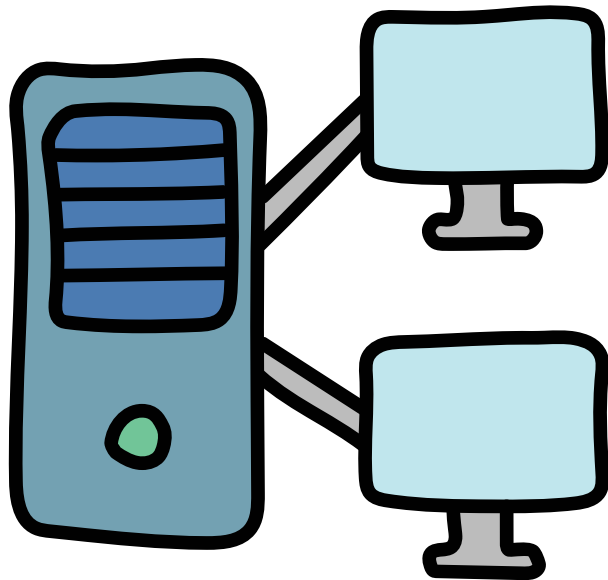# MePlusMore
Independence for all

Topic 1 – Digital accessibility

The internet is a fantastic tool to assist you in becoming independent, it can even help you to feel connected to the world!

What do you use the internet for?

Here are some examples:

	Checking my emails		Checking social media
	Using Me Plus More		Banking
	Watching YouTube		Shopping
	Work		News

Keeping safe on the internet or being cyber safe is very important.

Make a list of sites that you think are safe to use online and sites that may not be safe to use?

✔️ Safe sites	❌ Unsafe sites
Facebook	A link I have clicked on from Instagram

It is very important to think about the information you post on online.

What information should you share on your social media pages and what information should you not share?

✔️

Information to share

My first name

❌

Information not to share

My home address

Who you meet online may not be who they say they are…

Why should you be careful when meeting people in person that you have met online?

Some people use the internet to bully others and this is not ok! Everyone deserves to be treated with respect.

Look at these sentences and circle if it is cyber bullying or if it is not cyber bullying.
You can see the answers on page 13.

It has been so nice chatting with you today.	**Not cyber bullying**	**Cyber bullying**
You look bad in your profile picture.	**Not cyber bullying**	**Cyber bullying**
I like what you wrote on your tweet today.	**Not cyber bullying**	**Cyber bullying**
You look ugly in that picture.	**Not cyber bullying**	**Cyber bullying**

Some people use the internet to bully others and this is not ok! Everyone deserves to be treated with respect.

Look at these sentences and circle if it is cyber bullying or if it is not cyber bullying.
You can see the answers on page 14.

I do not agree with what you have posted on Facebook, you are stupid.

Not cyber bullying   **Cyber bullying**

I will send you a video of a donkey because that is what you are.

Not cyber bullying   **Cyber bullying**

I loved watching the video of you exercising, well done!

Not cyber bullying   **Cyber bullying**

Well done on passing your exams!

Not cyber bullying   **Cyber bullying**

When posting something online, how can you make sure that you are not cyber bullying?

The internet offers us wonderful and inclusive activities to participate in, we just need to always remember safety first!

What to do if you are being cyber bullied

Step 1:
Keep proof of the cyber bullying by taking a photo of it or a screen shot.

Step 2:
Don't reply to the person that said something mean or upsetting.

Step 3:
Tell someone that you trust about what is happening.

Step 4:
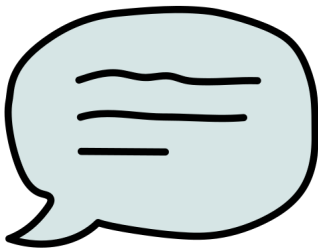
Block that person from accessing you on social media.

Step 5:

Report the cyber bullying:

- To the site it occurred on.

- To the Australian Cybercrime Online Reporting Network (ACORN) – a group of people who help take reports of cybercrime.
www.acorn.gov.au

Step 6:

Do something nice for yourself or do something you enjoy doing to make yourself feel better.

Cheat Sheet - How to be safe online

✓ Do

Ask someone to help you to decide what information to share.

Think of a hard password and keep your password a secret. You could use a mixture of numbers and letters.

Keep your social media accounts private.

Take action if you are being cyber bullied.

I should not write unkind messages online.

I should not reply to emails or messages asking for my personal information.

Use my web camera only for people that I know outside of the internet.

I should not tell people I have met online where I will be going.

Cheat Sheet - How to be safe online

✗ Do Not

Put information like your:
  • Birthday
  • Address
  • Telephone number
On your social media profiles.

Tell people your password and do not use easy to guess passwords.
For example, do not use your pets name or date of birth as your password.

Leave your account open for everyone to see.

Say things online that you would not like said to you.

Ask others online for their personal information.

Use my web camera with people I do not know well.

Tell people you met online where you will be going.

Some people use the internet to bully others and this is not ok! Everyone deserves to be treated with respect.

Answers for questions on page 6.

It has been so nice chatting with you today. **(Not cyber bullying)** Cyber bullying

You look bad in your profile picture. Not cyber bullying **(Cyber bullying)**

I like what you wrote on your tweet today. **(Not cyber bullying)** Cyber bullying

You look ugly in that picture. Not cyber bullying **(Cyber bullying)**

Some people use the internet to bully others and this is not ok! Everyone deserves to be treated with respect.

Answers for questions on page 7.

I do not agree with what you have posted on Facebook, you are stupid.

Not cyber bullying   **Cyber bullying**

I will send you a video of a donkey because that is what you are.

Not cyber bullying   **Cyber bullying**

I loved watching the video of you exercising, well done!

Not cyber bullying   **Cyber bullying**

Well done on passing your exams!

Not cyber bullying   **Cyber bullying**