Healthy Mind - Cyber Space
page 23

HEALTHY MIND

Cyber-Safe

BE CYBER-SMART – STAY SAFE WHEN YOU'RE ONLINE

The internet is an amazing way to learn about new things, chat with friends, and keep up to date

Trouble is, the internet can sometimes be a dangerous place if you don't know what to avoid or look out for.

The best way to keep safe on the internet is to stick to 10 basic rules:

1 Never give out your name, address or phone number, or any other personal details without checking with your parent or carer first.

2 Never post your photo, give out the name of your school or provide information about your friends or family without checking with your parent or carer first.

3 Remember that although it can be fun to meet people online, people are not always who they say they are. For example, a person who says they are a 12-year-old girl may actually be a 40-year-old man.

4 If you decide you want to meet someone in person after meeting them on the internet, ALWAYS ask a parent or another adult to go with you. Make sure you meet during the day, in a public place.

5 Always be careful about the kind of information you put on a blog or a message board. It doesn't take much for people to find things out about you.

6 ALWAYS keep your password a secret. Don't tell anyone what it is – even your best friend.

7 If someone writes something rude or upsetting in an email or in a chatroom or forum, leave the chatroom or forum right away and DO NOT respond to the email.

8 Tell someone you trust if you see upsetting language, nasty pictures or something scary on the internet.

9 Always ask your parent or carer before you fill out any forms or provide bank account or credit card details.

10 Don't accept any offers that seem too good to be true – they probably are!

For more information about safety online, head to www.cybersmartkids.com.au

This site offers fun activities and information for kids, as well as tips and advice for parents and teachers.

HEALTHY MIND

HEALTHY BODY

Deadly Vibe March 2008 | 23

Preparation before reading.

While the internet is a good way to find out information, make friends and stay in contact with friends, we all need to be careful that we stay safe while online.

For example, some people might use your personal details for their own use, so never give out your name, address, password, credit card details or phone number over the net. If you do, you could be stalked online, have your ID stolen or have money debited form your account without your consent.

1. Understanding what you read.

Read Step 1 and 2.

List 5 things you should never give out online.

_____

_____

_____

_____

_____

What advice is given in Step 3?

_____

_____

Step 5 says to be careful about giving out too much personal information on a blog or message board. **What would be one reason for this?**

_____

_____

What should you do if you see anything rude or upsetting in an email? (Step 7, 8)

_____

_____

Step 10 says that if offers "seem too good to be true – they probably are!"

What does this mean?

_____

_____

Give an example of an online offer that might be misleading.

_____

_____

What is the purpose for writing this report?

_____

_____

2. Spelling.

Re-read the text about being cyber smart.

The spelling mistakes in this text have been underlined.

Write the correct spelling for each underlined word on the line next to it.

The internet is an **amazzing** way   _____

to learn about new things, chat with **frends**   _____
and keep up to date.

Trubble is, the internet can   _____

sumtimes be a dangerous place   _____

if you **dont** know what   _____

to **avvoid** or look out for.   _____

Each sentence below has one word that is spelled incorrectly.

Write the correct spelling of the word on the line next to it.

Never give out your name, adress or phone number online.   _____

You should definately be careful about the information
you post on the net.   _____

Always keep you're password secret.   _____

3. Grammar and punctuation.

Which of the following correctly completes the sentence?

Never _____ out private information over the net.

☐ gave   ☐ give   ☐ given   ☐ will give

Always _____ before you fill out forms online.

☐ asked   ☐ will ask   ☐ ask   ☐ asking

Why is there an apostrophe in "don't accept"?

☐   a word is missing.

☐   it indicate ownership.

☐   some letters are missing.

☐   it shows the word is plural.

In this sentence

Tell someone you trust if you see upsetting language on the internet,

the word *upsetting* is

☐ a noun.

☐ an adjective.

☐ an adverb.

4. Writing a narrative.

The idea for your narrative is *Keeping safe on the net*.

Most people see the internet is a safe way of finding out information and communicating with others. However, it's not without its dangers.

Think of a situation where someone may have been placed in physical or emotional danger because they weren't cyber smart.

Think about:

- Who are the characters and where are they?
- What is the complication or problem to be solved?
- How will the problem be resolved?

  Remember to:

- Plan your story before you start.
- Write in sentences.
- Pay attention to the words you choose, your spelling and punctuation.
- Check and edit your writing when you have finished.

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www.cybersmartkids.com.au

Your parents and teachers might find this site useful too.