

## Safer Internet Day

Did you know that there's a special day for learning about how to be safe online? Read this article to find out about Safer Internet Day.

### Instructions

Do the preparation exercise first. Then read the article and do the other exercises.

### Preparation

Complete the sentences with words from the box.

responsible	trust	social media	password
<del>messaging app</del>	block	virus	report

1. You can use a ..... messaging app ..... to send messages and make voice calls.
2. People use ..... websites and apps for sharing messages, photos and videos with others.
3. When you ..... someone, you tell the app or website that this person has done something wrong.
4. If you want to stop someone from contacting you, you can ..... them.
5. A ..... is a secret series of letters, numbers and symbols that keeps your online information safe.
6. People who are ..... have good judgement and make good decisions.
7. A ..... is a program that can break your computer.
8. When you ..... someone or something, you believe that they are good and honest.

## Safer Internet Day

Safer Internet Day is in February every year. On this day, people in around 170 countries take part in activities to try to make the internet a safer place for children and young people.

### Good things online

Safer Internet Day celebrates all the great things about being online. We can use the internet to learn new things, video call family members who live far away, chat to friends, listen to music, watch videos and play games.

### Dangers online

But there can also be dangers when we are online, and Safer Internet Day helps us learn about these dangers and what to do to stay safe.

### Cyberbullying

Cyberbullying, or online bullying, is when someone uses the internet to make another person feel bad, often with nasty messages on messaging apps or social media. Online bullying can happen in games too, when players post unkind messages in the chat box. It's really important to tell an adult if you ever see any bullying.

### What happens on Safer Internet Day?

On Safer Internet Day in the UK, children do activities at school, at home, in youth groups and in other places. They do quizzes and worksheets, read stories, watch films, make posters and have discussions about how to stay safe online.

### How to stay safe online

- If you see something bad, tell an adult.

If you see something online which makes you scared or worried, or if you know that someone is being bullied, tell a parent, a teacher or another adult who you trust. If someone is unkind while you are playing a game, an adult can help you report or block that player.

- Don't give any personal details online.

Personal details are things like your full name, address, phone number, email address or password.

- Don't meet people who you only know online.

It's possible that people you meet online aren't really who they say they are. It can be dangerous to go to meet them in real life.

- Be responsible with what you post.

When you talk to someone online, be polite! Don't post any messages, pictures or videos that you don't want everyone to see.

- Make good, strong passwords.

Choose passwords that are easy for you to remember, but difficult for other people to guess. Never share your passwords with other people.

- Don't open messages from people you don't know.

If a message doesn't look real, don't open it. It could contain a virus. Be careful with the emails, links, files and pictures you open. If you're not sure, ask an adult.

- Don't believe everything you read online!

Not everything you read online is true. When you look for information, make sure that you use a website you can trust. And only share things with your friends if you know that they are true.

- Make good use of your time online.

There are so many fun and interesting things to do online. It's easy to spend a lot of time in front of a screen. But make sure you don't spend too many hours online, and do other activities too!

So, now you know how to stay safe online every day of the year. Why don't you talk to your friends and family about it to make sure they stay safe online too? Happy Safer Internet Day!

## Tasks

### Task 1

Circle the best answer.

1. Safer Internet Day is in \_\_\_\_\_ every year.
  - a. January
  - b. February
  - c. March
2. People in \_\_\_\_\_ countries take part.
  - a. 70
  - b. 107
  - c. 170
3. On Safer Internet Day, people talk about \_\_\_\_\_ on the internet.
  - a. good things
  - b. dangers
  - c. both good things and dangers
4. Cyberbullying is \_\_\_\_\_.
  - a. playing games online with people you don't know
  - b. posting nasty messages about someone online
  - c. being unkind to someone at school
5. On Safer Internet Day in the UK, schoolchildren \_\_\_\_\_.
  - a. learn how to be safe online
  - b. don't use the internet for the day.
  - c. don't go to school.
6. If you see something bad online, the most important thing is \_\_\_\_\_.
  - a. to keep it secret
  - b. to share it with all your friends
  - c. to tell an adult who you trust

**Task 2**

Write the phrases in the correct groups.

share passwords	post unkind messages	learn new things	use websites you trust
be polite	choose strong passwords	give personal details	arrange to meet people you don't know in real life

Things it's good to do online	Things it's NOT good to do online

**Write and draw**

Do you have any more tips for staying safe online? Write about them and draw a picture.

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## Answers

### Preparation task

1. messaging app
2. social media
3. report
4. block
5. password
6. responsible
7. virus
8. trust

### Task 1

1. b
2. c
3. c
4. b
5. a
6. c

### Task 2

Things it's good to do online	Things it's NOT good to do online
learn new things	share passwords
use websites you trust	post unkind messages
be polite	give personal details
choose strong passwords	arrange to meet people you don't know in real life