



Internet Safety | Peugeot Citroën Apprentice Programme

- **About this session...**

- Raise awareness of online risks
- Identify resources to support you
- Offer practical ideas and tools to help you to stay in control





New technologies – The Internet of Everything





“The whole of the technology scares the life out of me. How do I set it up so that it is safe?” parent.

**“I’M A TECHNOPHOBE. I CAN’T CRACK THE
IPHONE, AND THE EXTENT OF MY
MULTITASKING IS BEING ABLE TO TALK WHILE I
MAKE A DRINK.”**

LEN GOODMAN

© Lifehack Quotes



KNOWLEDGE

Many Young
people pick up
technology
quickly

VS

WISDOM

Understanding
how to behave
in a virtual
world



Warning Signs to be aware of:

- **Signs that a young person may be the target of abuse online include:**
- Spending increasing amounts of time on the Internet.
- Becoming increasingly secretive – particularly around their use of technology.
- Shutting the door and hiding what they have on screen when someone enters the room.
- Not being able to talk openly about their activity online.
- Agitated behaviour when answering their mobile and needing to take the call in Private.
- Developing a pattern of leaving the family home for periods of time with no explanation about where they are going.
- Vague talk of a new friend but offering no further information.
- Spending increasing amounts of time talking secretly with a new online friend.



Other signs that something may be wrong:

- Not wanting to be alone with a particular adult or young person.
- Sudden, unexplained personality changes and mood swings.
- Outbursts of anger and irritation.
- Self harm.



PEUGEOT



CITROËN

SMART rules

- **Safe** – be careful not to give personal information (name/email/phone number) to people who you don't know.
- **Meeting** – Never meet someone you have only met online without discussing it with a parent/carer first.
- **Accepting** – Be careful when accepting emails, IM messages or opening files from people you don't know.
- **Reliable** – The information you find online may not always be reliable, people may be lying about who they are.
- **Tell** – You parent, carer or trusted adult if someone or something makes you feel uncomfortable or worried.



How effective is blocking/filtering?

- Out and about (free and often unfiltered wifi, 3G)
- at home (filtered/unfiltered wifi, 3G)
- at friends/wider family

Success will depend on age and intent



CYBER BULLYING

- **Always** respect others: be careful what you say online and what images you send. Think before you send: whatever you send can be made public very quickly and could stay online forever.
- **Keep it private!** Only give your mobile number, personal email address and other contact details to trusted friends. If you are active on social networking services think about what you are sharing and who you are sharing it with. You can set your privacy settings to limit who can see your content.
- **Block the bully:** learn how to block or report someone who is behaving badly.
- **Don't retaliate or reply!**
- **Save the evidence:** learn how to keep records of offending messages, pictures or online conversations.
- **Make sure you tell:** Your parent/carer or an adult you trust.



USEFUL RESOURCES

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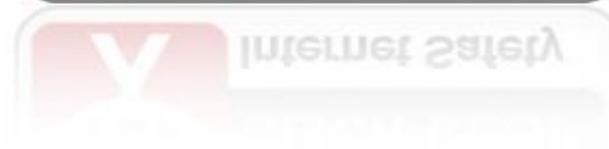
www.internetmatters.org



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www.ceop.police.uk



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www.thinkuknow.co.uk

The screenshot shows the thinkuknow website homepage. At the top, there's a navigation bar with three colored sections: blue for ages 5-7, yellow for 8-10, and green for 11-16. To the right of these are two grey sections for 'Parent? Carer?' and 'Teacher? Trainer?'. The main content area has a large 'Hello...' heading. Below it, there's a 'Welcome to the thinkuknow website' section with a 'REPORT ABUSE' button. The footer contains logos for CEOP, the European Union, and copyright information.

Hello...

5-7? 8-10? 11-16? Parent? Carer? Teacher? Trainer?

THINK UK KNOW
.CO.UK

REPORT ABUSE

Welcome to the thinkuknow website

Come in to find the latest information on the sites you like to visit, mobiles and new technology. Find out what's good, what's not and what you can do about it.

If you look after young people there's an area for you too – with resources you can use in the classroom, at home or just to get with it.

Most importantly, there's also a place which anyone can use to report if they feel uncomfortable or worried about someone they are chatting to online.

All the information here is brought to you by the team at the [Child Exploitation and Online Protection \(CEOP\) Centre](#). We hope you like it.

thinkuknow friends:
CEOP
Virtual Global Taskforce

Other thinkuknow sites:
5-7s
8-10s
11-16s
Parents & Carers
Teachers & Trainers

Site Info:
Contact us
Terms and conditions
Credits
Accessibility

co-funded by the European Union

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The Academy
Apprenticeships

THE INTERNET PRESENTS MANY OPPORTUNITIES FOR YOUNG PEOPLE

Discuss with a young person what information is appropriate to share online but be realistic (for their age)

