

A SchoolBeat Educational Resource

BOOK
3

ACTIVITY BOOK

FOR 9-11
YEAR OLDS



INTERNET SAFETY SPECIAL EDITION



SchoolBeat.cymru

BE CYBER SAFE!

Online awareness

Cut out a set of matching cards on the opposite page (or alternatively download from the following link:

<https://schoolbeat.cymru/fileadmin/teachers/ks2u/be-cyber-safe/eng/follow-up/3.a%20matching%20cards.pdf>

Mix the cards well and then sort the cards into three categories

- Key word card
- Information card
- Safety advice card

You will need to match a key word card with the correct information card and the correct safety advice card for that feature. An example is provided below:

Spam	emails you didn't ask for from people you don't know	use a spam filter
-------------	---	--------------------------

This activity could be timed. Check these against the answers provided online, by clicking the link above.

Parents or carers - the answers will prompt discussion and provide the opportunity to correct any misconceptions.

For further information, parents or carers may wish to read the additional facts provided on www.thinkuknow.co.uk or Childnet.com



Email address	your online address	use a nickname, don't give your details
Viruses	can delete your files and destroy your computer or travel in email, via attachments or links	delete without opening
Cyber bullying	when someone uses the internet or mobiles to deliberately upset someone else	learn how to block messages/ tell an adult

Cyber friend	a friend you only know on the internet or cyberspace	only communicate with people you know in real life
Phishing	some emails will try to trick you into giving away personal information	don't give any personal information
Instant messaging	people meeting online to talk to one another	make sure you know the people on your contact list in real life
Chat room	an open environment where people can talk to each other	use a site with a moderator
Webcam	a digital camera used to take photos and transmit them over the internet	turn the camera away from you when not in use
Music	if you download music from a P2P (peer to peer) you may be letting other users access your computer	only download music from legal sites
File sharing	Some dodgy audio and video clips are sent round using shared networks that could get you and your parents into a lot of trouble	only download music from legal sites
Bluetooth	is a wireless connection for phones, computers, keypads etc. allowing them to communicate	switch your Bluetooth off when not in use as anyone can access your information when it's on
Privacy setting	it is protection to make sure you are safe from strangers who could send messages you don't want	Adjust the settings so that only your real world friends can access your site

BE CYBER SAFE!



This is Nathan's story. He has met someone on an internet chat room. Nathan gave this person - Emily his 'Addy' (e-mail address that is added to a list of friends) and she has been contacting him using IM. Nathan needs advice as to what to do.

Study the scenario on the messages below and on the opposite page. You can also download a printable large copy of the resource by clicking the following link: <https://schoolbeat.cymru/fileadmin/teachers/ks2u/be-cyber-safe/eng/follow-up/4b.%20A5%20Scenario%20cards%20.pdf>

Hi guys, I have met someone on the internet her name is Emily, she wants to know where I live so she can call on me.
What should I do?

I would...

.....

.....

.....

.....

.....

.....

I would...

.....

.....

.....

.....

.....

.....

Hi guys, Emily has sent me photograph of herself. She is good looking what do you think? She asked me to send a photograph of myself to her.
What should I do?



Hi guys, Emily has asked for my mobile number and wants to meet me for a pizza. She wants to meet this Saturday. What should I do?

I would...

I would...

Hi guys, Emily says she is really angry with me because I didn't reply to her yesterday. The thing is, I was busy doing homework and didn't have time. I don't want to fall out.

Should I apologise?

Hi Guys, I think I am in big trouble. I told Emily that I hated one of the boys at school and told her his name. Emily says that unless I start telling her things about me, she is going to put some horrible things about me on the internet. What do you think I should do? If I tell my dad he will go mad because he told me not to chat on the net. What should I do?

I would...

REMEMBER!

If someone you only know online asks you to meet up with them, ask for personal information or for pics or videos
- TELL A TRUSTED ADULT!

BE CYBER SAFE!

S

SAFE

Always keep your name, address, mobile phone number, pictures and password private - when you don't it's like giving out the keys to your home!

M

MEETING

Meeting someone you have contacted in cyberspace can be dangerous. Only do so with your parent's/ carer's permission, and then when they can be present.

A

ACCEPTING

Accepting emails or opening files from people you don't really know or trust can get you into trouble - they may contain viruses or nasty messages.

R

RELIABLE

Remember someone online may be lying and not be who they say they are. Stick to public areas in chat rooms and if you feel uncomfortable - get out of there!

T

TELL

Tell your parent or carer if someone or something makes you feel uncomfortable or worried.



Design a Top Ten Tips guide to promote the positive uses of digital communication. You can download the poster below by clicking the following link, which may help you:

https://schoolbeat.cymru/fileadmin/teachers/ks2u/be-cyber-safe/eng/follow-up/8a._Be_Cyber_Safe_A4.pdf

MY TOP 10 TIPS FOR USING THE INTERNET SAFELY

INTERNET SAFETY ADVICE QUIZ



Using the real life Internet Stories, discuss and decide on the best course of action...

- 1. I met Sam in an internet chatroom. We have been in contact for a few weeks. He wants to meet. What do you think? Gillian, age 12**
 - a. Meet up, you get on well
 - b. I would take my friend with me to the meeting
 - c. Don't meet up, but there is no harm in chatting
 - d. Tell your parent where and when you meet and take them with you
- 2. Gwyn has asked for my phone number and e.mail address. We have been in contact for a few weeks. We get on really well we are Man U fans. What should I do? Ian age 11**
 - a. This is a good idea
 - b. Continue to chat but do not give him personal details
 - c. Stop chatting immediately
 - d. Continue to chat and discuss with a trusted adult
- 3. Jack sent me a photo of him playing rugby. He wants a photo of me. What should I do? Sian age 12**
 - a. This is a good idea
 - b. Don't send a photo, tell an adult
 - c. Don't send but carry on chatting
 - d. Send only a photo of Sian's face
- 4. Sarah has asked for my home address. We have been friends on the internet for months. She wants to visit my home. What should I do? Janet age 13**
 - a. This is a good idea
 - b. Continue to chat but do not give your personal details
 - c. Stop chatting immediately
 - d. Continue to chat and discuss with a trusted adult
- 5. I refused to meet with Gary my chatroom "friend". Now he is threatening to write nasty things about me. What should I do? Lowri age 11**
 - a. Don't tell anyone else
 - b. Save the message and report it
 - c. Agree to meet, to stop him carrying out his threat
 - d. Talk to a trusted adult

6. For the past month some people on my IM contact list are always writing nasty and horrible things about me. What should I do? Imran age 12
 - a. Keep it to yourself, ignore them
 - b. Save the messages and report them
 - c. Stop chatting immediately
 - d. Talk to a trusted adult

REMEMBER!

1. **NEVER REPLY** to a spam text message or text message from someone you don't know, as the person who has sent it may keep on sending messages to you. The messages may also have viruses in them and this can stop your phone from working.
2. **YOU SHOULD NEVER SEND A PICTURE MESSAGE TO ANYONE YOU DON'T KNOW IN THE REAL WORLD** - When you send a picture to a friend using your mobile phone, this is called Multimedia Messaging Service (MMS). Even if you have been talking to them online and think you know them, or someone you have met through a friend. You never really know who they are if you haven't met them face to face. If someone asks you to send them a picture message and you don't know who they are, you should tell a trusted adult.
3. **NEVER GIVE YOUR MOBILE NUMBER** to anyone who you don't know in the real world. People sometimes lie about who they are to trick people into giving them their mobile number and personal details, like their school and where they live. Remember that people you don't know in the real world are still strangers. If you give people your mobile number, even people you have met using the Internet, remember you do not really know who they are. Never arrange to meet up with them as they are strangers.
4. **NEVER ARRANGE TO MEET** up with someone you don't know and always tell a trusted adult and save the message.
5. **ALWAYS TELL A TRUSTED ADULT** straight away if you are upset or worried about something that has happened online.
6. Remember to **SAVE ANY MESSAGES** that have upset you. You will need to show them to the person you tell - they will be able to help, and they will be able to give you good advice about what else you can do. Never worry about getting in trouble - you aren't the one who has done anything wrong.



5 b & d. Save the message and report it. Talk to a trusted adult
6 b, c & d. Save the messages and report them, Stop chatting immediately, Talk to a trusted adult

1 d. Tell your parent where and when you meet and take them with you
2 d. Continue to chat and discuss with a trusted adult.
3 b. Don't send a photo, tell an adult.
4 d. Continue to chat and discuss with a trusted adult.

Answers

An illustration featuring three stylized human figures in a minimalist, flat design style. In the center is a large, vertical smartphone. The screen of the phone displays a checklist with four items, each preceded by a checkbox. The first two checkboxes are marked with checkmarks, the third with an 'X', and the fourth is empty. To the left of the phone, a man stands holding a small smartphone. To the right, a woman stands holding a small smartphone. In front of the phone, a person sits cross-legged, also holding a small smartphone. The background is a solid dark gray, and the overall color palette is limited to shades of gray, white, and black.

An illustration featuring three stylized human figures and a large, oversized smartphone. On the left, a man in a white t-shirt and dark pants stands holding a small smartphone. In the center, a woman with dark hair sits cross-legged on the ground, also holding a smartphone. On the right, a woman with blonde hair, wearing a dark jacket over a white shirt and dark pants, stands holding a smartphone. The large smartphone screen in the background displays a checklist with four items. The first two items are marked with checkmarks, the third with an 'X' in a box, and the fourth with an empty box. To the left of the smartphone, the letters 'S?' are visible.

An illustration featuring three stylized human figures and a large, oversized smartphone. On the left, a man in a white t-shirt and dark pants stands holding a small smartphone. In the center, a woman with dark hair sits cross-legged on the ground, also holding a smartphone. On the right, a woman with blonde hair, wearing a dark jacket over a white shirt and dark pants, stands holding a smartphone. The large smartphone screen in the background displays a checklist with four items. The first two items are marked with checkmarks, the third with an 'X' in a box, and the fourth with an empty box. To the left of the smartphone, the letters 'S?' are visible.

DRAW A CHART OF YOUR RESULTS:

[illegible]

What I found out...

1. My family use their mobiles for...

.....

.....

.....

.....

.....

2. They need a mobile phone because...

.....

.....

.....

.....

.....

3. Discuss with your family - Do mobile phones put you at risk?

.....

.....

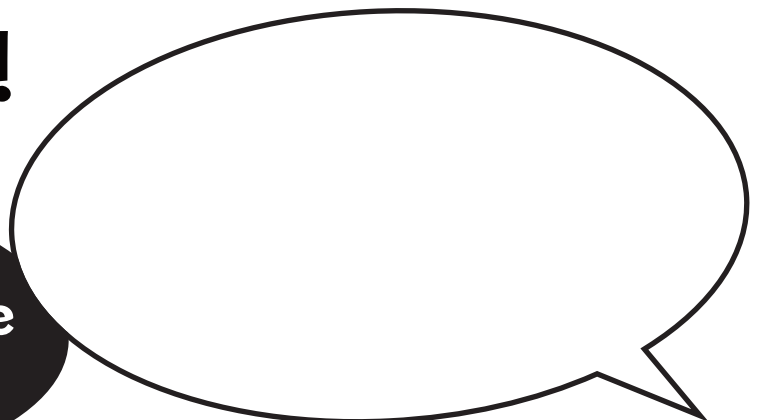
.....

.....

.....

**Ask your
grandparents!**

**How did people
communicate before
the invention of
mobiles?**



CODE BREAKERS ACTIVITY

What do the
following text
words mean?

LOL
OMG
IMHO
BFF
G2G
SYS

L8R
THX
XI10
XOXO
WUD
W8

URAQT
TMB
<3
KEWL
HHOJ
SOZ

Answers
Column 1: Laugh out loud; oh my gosh; in my honest opinion; best friends forever; got to go; see you soon;
Column 2: later; thanks; exciting; hugs and kisses; what you doing; wait;
Column 3: you're a cutie; text me back; love/heart; cool; ha-ha only joking; sorry; what's up?

PHONE FEVER

This game helps children review risks and the positive/negative consequences of using/misusing mobile phones.

You will need to download and print the resources for the game.

They are all available by clicking:

<https://schoolbeat.cymru/fileadmin/teachers/ks2u/picture-this/eng/follow-up/6a.%20Phone%20Fever%20board%20game.pdf>

- **Print enough 'Phone Fever board game sheets' to allow one between two people.**
- **Print a pack of Phone Fever cards. You will need to glue the questions provided on the back of 11 yellow phone cards and 11 blue phone cards.**
- **Each pair will also require a dice and 2 plastic counters**

100		98	97		95	94	93	92	
80		83	84	85		87	88		90
79	78	77		75	74	73		71	70
61	62		64	65		66	67	68	
60		57	56		55	54	53	52	51
41	42	43	44	45		47	48	49	
	39	38		36	35	34		32	31
21	22		24		26	27	28		30
	19	18	17	16	15	14		12	11
1	2		4	5		7	8	9	

To play:

- **Set up the board with two sets of phone pictures in coloured piles, (yellow and blue screens)**
- **Toss the dice—the player with the highest number starts first**
- **Move the counter one space for each number on the dice. If a player lands on a phone picture he/she must take a card from the right pile, read it aloud and follow the instructions.**
- **Take it in turns to toss the dice and make your way to the end of the board. The player who gets to the end first wins.**

**More downloadable resources
are available on our website too!**



SchoolBeat.cymru