Internet Safety

Workbook

Contents

Social Networking

There are all sorts of different ways of interacting via the internet. Some are more obvious than others. The phrase 'Social Network' gets used quite often to describe various websites or applications. What do you think it means?

Define: Social Network

_____

_____

_____

Social networks can come in many different forms. Can you name some of these social networks?

Why Use Them?

Let's take a minute to look at the figures around social network usage:
(all figures representative of July 2015)

There are approximately 7.2 Billion people in the world.

Growing up in a western culture, you will be lucky enough to be surrounded by technology, most of which will connect to the internet in some form. However, you will be one of only 2.88 Billion people who have access to reliable internet.

Of those who have access to the internet, roughly half will regularly access Facebook (1.44 Billion people). Now that might not sound like a lot in comparison to the whole world but when you consider that the total population of the UK is only 0.064 Billion it suddenly seems a lot more.

7.2 Billion People in the World

2.88 Billion People with Internet Access

1.44 Billion People using Facebook

0.064 Billion People in the UK
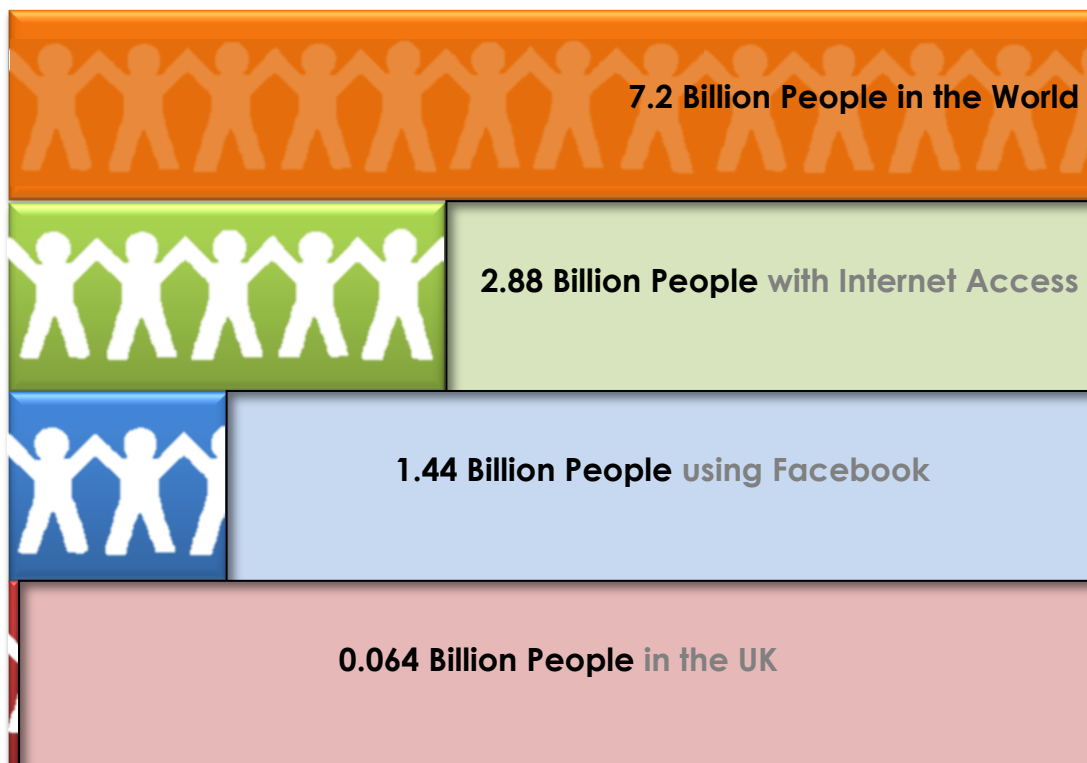
This map shows Facebook usage by country.

Darker colours show a greater usage of Facebook. Note that some countries don't use Facebook much, if at all – Look at Russia and China, for example.
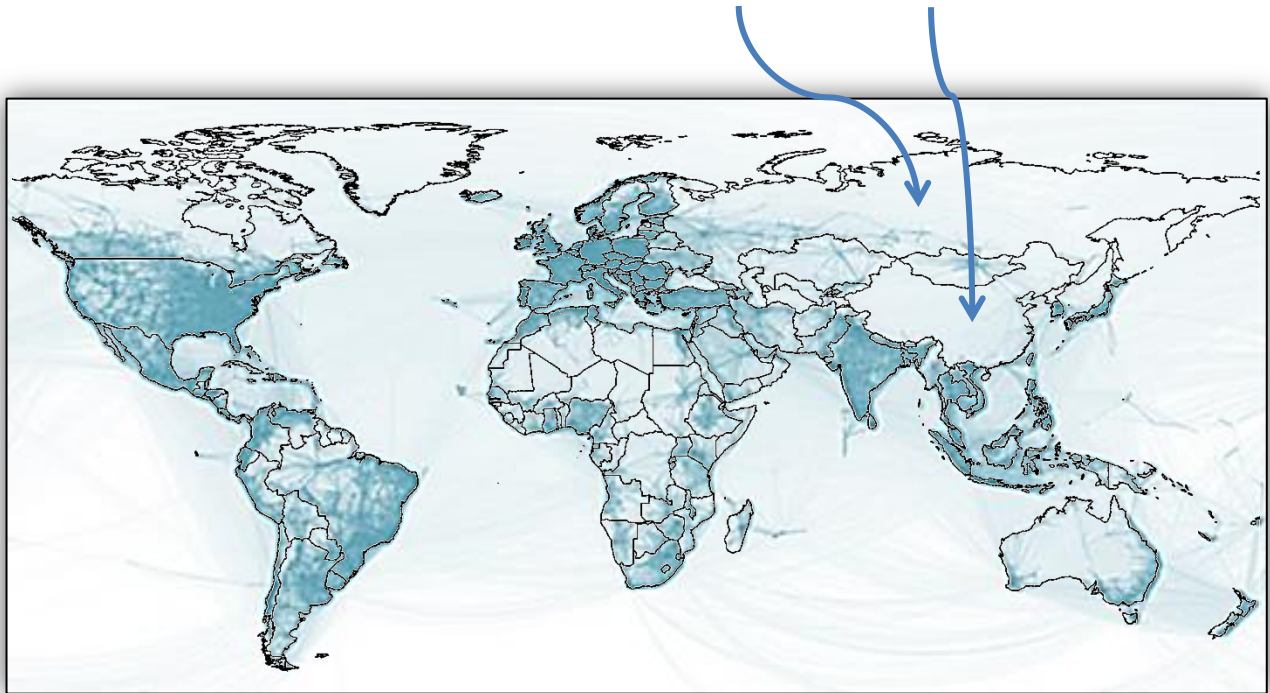
Do people just use Facebook because other people do? Admittedly, it would be a pretty boring place if you were the only member! There must be other reasons why Facebook is so popular, try and make a list of at least 5 reasons below:

1. _____

2. _____

3. _____

4. _____

5. _____

Good / Bad?

There are good and bad sides to everything in life. Now that you've thought of some of the reasons why people use Facebook, try and think of some negative things about it:

1. _____

2. _____

3. _____

4. _____

5. _____

Now that you've done that for Facebook, try and do it with 2 of the other social networks that you listed earlier. Here is an example below:

Name: *Twitter*

Good:	Bad:
1. *I get real time updates about current affairs*	1. *There is often too much information to look through*
2. *I can follow my favourite celebrities and stars*	2. *I have little control over who can follow me*
3. *Messages are short and to the point*	3. *Messages can be too short to get the whole story*
4. *My followers can easily find out what I'm up to*	4. *People often post rubbish*
5. *It's simple and easy to use*	5. *People can send nasty messages*

Name:

Good:	Bad:
1. _____	1. _____
_____	_____
2. _____	2. _____
_____	_____
3. _____	3. _____
_____	_____
4. _____	4. _____
_____	_____
5. _____	5. _____
_____	_____

Name:

Good:	Bad:
1. _____	1. _____
_____	_____
2. _____	2. _____
_____	_____
3. _____	3. _____
_____	_____
4. _____	4. _____
_____	_____
5. _____	5. _____
_____	_____

Have a quick look at the two examples you just completed. Are you starting to notice any themes emerging? Is there a negative or a positive that is seen in every social network?

There are a few negatives which apply to most interactions online, but they all link to one thing:

<div align="center">

Anonymity

</div>

The internet can allow people to hide who they really are for all sorts of reasons. This is called *anonymity* and some people use it to bully or troll people, others use it to stalk or abuse people. Many people think that the anonymity provided by the internet will allow them to get away with things which they might not be able to in real life.

Example:

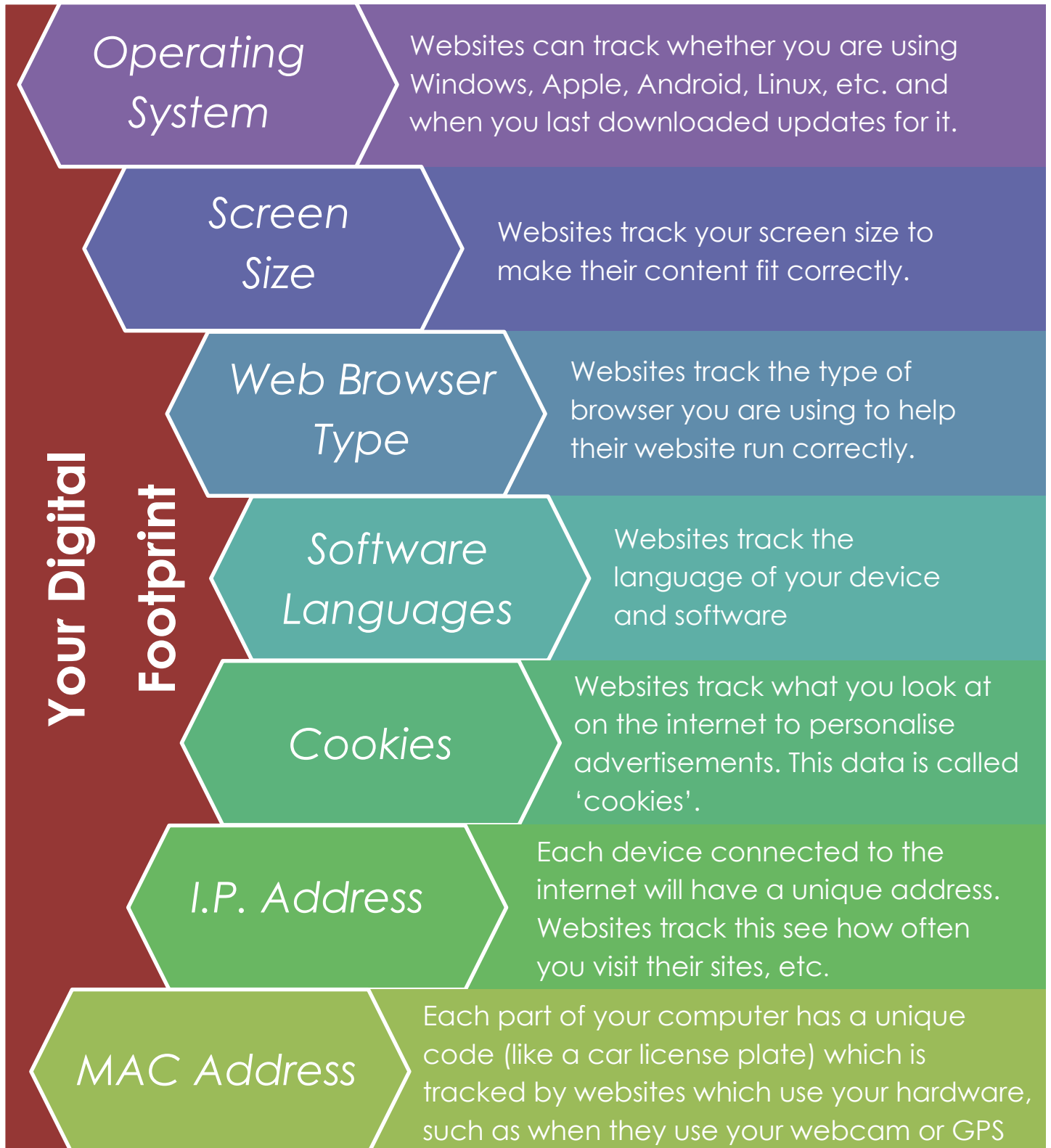|		
Billy doesn't like Jo because Jo is bigger, stronger and more popular than Billy.	Billy is too scared to say nasty things to Jo because he doesn't want to get into trouble or beaten up!	So, Billy decides to send some nasty messages to Jo on Facebook using a fake profile so Jo won't know who sent them.

However, what a lot of people don't realise is that it is that they leave a digital footprint whenever they do things online.

Each computer will have unique characteristics which allow it to be identified. These characteristics are saved by websites, apps and messaging services without you even knowing and are used to personalise your experience by showing advertisements that might interest you, for example.

Look at the illustration below to see some of the common ways a computer can be identified:

Your Digital Footprint

Operating System
Websites can track whether you are using Windows, Apple, Android, Linux, etc. and when you last downloaded updates for it.

Screen Size
Websites track your screen size to make their content fit correctly.

Web Browser Type
Websites track the type of browser you are using to help their website run correctly.

Software Languages
Websites track the language of your device and software

Cookies
Websites track what you look at on the internet to personalise advertisements. This data is called 'cookies'.

I.P. Address
Each device connected to the internet will have a unique address. Websites track this see how often you visit their sites, etc.

MAC Address
Each part of your computer has a unique code (like a car license plate) which is tracked by websites which use your hardware, such as when they use your webcam or GPS

This is a common example of a digital footprint that most websites would use to make your internet experience better. Some other websites might also gather more information which could also help to identify you.

Digital footprints are great for web designers who want you to get the best experience from their website, but another use of all this data is that it can trace people who do nasty or illegal things online.

Let's go back to our example of Jo and Billy:

Billy had just sent Jo some nasty messages over Facebook, thinking that he would get away with it and that no-one would find out that it was him.

However, when Jo received the messages, he was upset and told a teacher. The teacher decided that it was cyberbullying, and called the police. The police and Facebook worked together to look at the digital footprint which led them straight to Billy.

Billy couldn't deny it – his computer matched exactly with the digital footprint that the police had.

This technique is used regularly by the police to identify people who do nasty or illegal things. However, the best way to stay safe is to learn how to protect yourself online. This is something we'll look at next!

What do you need to protect yourself from?

Identity Thieves

As the name suggests, identity thieves are people who steal other people's identities. This can be done in all sorts of ways for all sorts of reasons. They can make fake profiles using your picture or take out credit cards using your personal information. Either way, you might find yourself in trouble for something you didn't do!


Grooming

Grooming is defined as:

> Any *willful action made by the offender to prepare the victim and/or the victim's support network that allows for easier sex offending*

It is important to remember that grooming can be committed by anyone of any age; this includes men, women, and children, both young and old.

The most common technique used to groom young people is by giving the victim bribes, gifts, special privileges, drugs/alcohol, compliments and being affectionate with them.
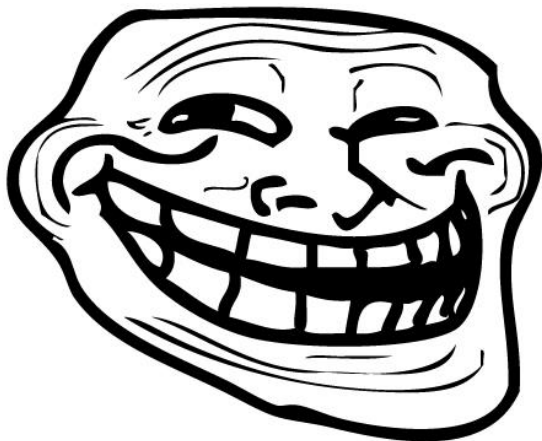
Bullying / Trolling

As we saw with Billy and Jo, people can use the perceived anonymity of the internet to bully people online. This can also be referred to as 'trolling'.

How to keep yourself safe

This section will use a fictional Facebook as an example of what can be revealed and how to keep yourself safe. There are guides on how to keep other social network profiles secure in the appendix of this workbook.

The best and most simple way to keep yourself safe is to limit the amount of information that you put online. Some websites don't require any personal information to use, whereas others often request the basic information (name, age, gender) to set up an account – but this can be hidden from the public by correctly using privacy settings.

Bobbie Dough

Update Info View Activity ⚙ ▾

🏢 Works at **Durex** as a **Product Tester**
🎓 Sudies at **Durham Community Business College**
🏠 Lives in **Durham**
♥ Single

Friends 1,398   **Photos** 1,867

Clicking this little cog symbol will allow you to change all of your settings, including privacy settings. There are many different levels of privacy and you can share different things with different people. However, it is recommended that you use the setting which shares content with friends only. This prevents people who you might not know from seeing your information.

Location Data:

Even though Bobbie has only said that she lives in Durham, it will probably be possible to work out exactly where she lives by looking at the locations she has been tagged in.

What other locations might be given away when people tag locations in posts? Why might this be a bad thing?

_____

_____

_____

_____

_____

_____

_____

_____

Relationships:

As Bobbie doesn't have a job, she used this part of Facebook to make a joke by saying she works at Durex.

However, an abuser might consider this joke as a sign that Bobbie is provocative, especially when combined with the information that she is currently single and looking for 'a real man'

Age:

This post by a friend on Bobbie's wall gives away her age...

Can you work it out?

_____

_____

_____

_____

Chat:

Why might appearing online in the chat be a bad thing?

_____

_____

_____

_____

_____

_____

_____

Bobbie Dough

Update Info | View Activity | ⚙ ▼

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🎓 Sudies at **Durham Community Business College**
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♥ Single

Friends 1,398   Photos 1,867   Map 534

Look how many friends Bobbie has… is this realistic?

There was a study conducted which showed that it is only possible to have meaningful contact with 100 friends.

Lets put Bobbie's friend list in context by looking at a typical sized school in the UK -
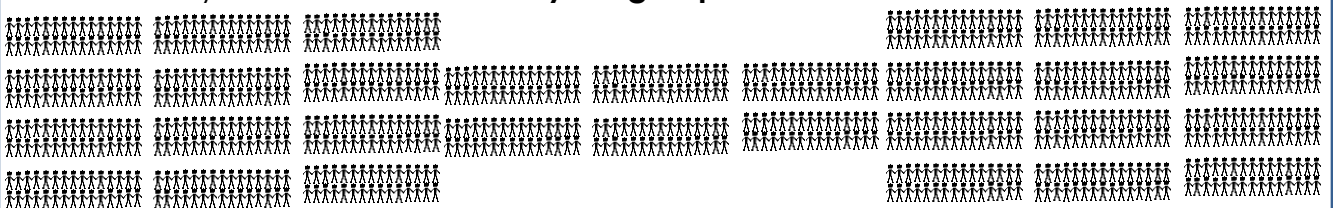
A tutor group has around **30 Pupils**

A year group has around **6 tutor groups**

A secondary school has around **5 year groups**

A typical secondary school in the UK has around **900-1000** pupils. For Bobbie to have this many friends she would have to know every person in the school and more!!
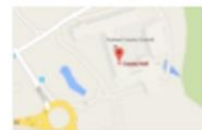
Now
2014
2013
2012
2011
2010
Joined Facebook

Bobbie Dough

Update Info | View Activity

- Works at **Durex** as a **Product Tester**
- Sudies at **Durham Community Business College**
- Lives in **Durham**
- Single

Friends 1,398   **Photos** 1,867   **Map** 534

📝 Status   📷 Photo   📍 Place

What's on your mind?

Connor Marsh
15:06

- added 217 new photos

214

Like · Comment · Share

👥 Bobbie became friends with 32 people

👍 Bobbie liked the page **Aclohol Makes Breakups Easier**

✏️ Bobbie changed her relationship status to 'single'

Bobbie Dough
Yesterday 23:48

My house party is AWESOME! anyone still awake can come! Bring booze and don't tell my parents when they get back from Spain :P xxxx

Like · Comment

Jamie Scott I'm on my way!! Had to wait for my parents to go to sleep so I could sneak out....
Yesterday 23:52 · Like

Write a comment...

Bobbie Dough
16:19

Party at mine again tonight, last opportunity before my parents get home tomorrow! Don't forget to bring booze and friends (especially if they are hot boys!) xxxx - at **Home**

Like · Comment · Share

Bobbie Dough
11:32 am

Excellent party yesterday, best way to get over a breakup!! I'm so happy to be finished with that guy, he was soooo boring!! I need a real man in my life!! My head is killing me, probably shouldn't have drunk so much but at least I can just chill and look for a new BF with my bezzie **Chelsie** today before another big party tonight!

Like · Comment · Share

Chelsie Hopkins
Yesterday 21:55

Sorry hun, I wont be able to come tonight. I'm knackered from studing for our mock GCSE's, I'll see you tomorrow tho :D xxxxx

Like · Comment

Bobbie Dough No problem, I'll fill you in!! xxxxx
Yesterday 23:45 · Like

Write a comment...

👤 Chat (47)

English (UK) · Privacy · Terms · Cookies · Advertising · AdChoices · More

Law

Indecent Images

Consider these scenarios:

James (25) and Laura (17) are married and in a consensual sexual relationship. Laura decides to email James an explicit picture of her naked, although James didn't ask for it. James likes what he sees and saves the picture on his computer.

Is this illegal? Why?

_____

_____

_____

_____

_____

Sue (17) and Jack (17) have been in a relationship for 2 years, although the relationship is not sexual. Sue has recently started asking Jack to send her pictures of him naked. Sue has sent Jack pictures of her naked to make him feel more comfortable with the idea.

Is this illegal? Why?

_____

_____

_____

_____

_____

Tommy (15) and Chloe (16) have just started a relationship and have been sending each other naked images of themselves regularly. Both Tommy and Chloe enjoy making and sending these images but they delete the pictures as soon as they are seen.

Is this illegal? Why?

_____

_____

_____

_____

_____

Answers:

James and Laura

James is officially classed as an adult and the law technically still classes Laura as a child, but because they are married this is legal. If they weren't married then James could be charged with the making of child pornography, because the law classes looking at, saving, or printing an image as 'making' it. Laura could be charged with the making and distribution of child pornography because she sent the image to James.

Sue and Jack

This is a complex scenario that needs to be examined piece by piece. By pressuring Jack to create naked images, Sue could be charged with grooming – see the previous chapter for a full definition. It is a common technique of groomers to send naked images of themselves (or what the victim believes to be them) to pressure the victim to send naked pictures in return. However, because Sue is only 17, Jack could be charged with making child pornography if he looked at any of the pictures she sent to him.
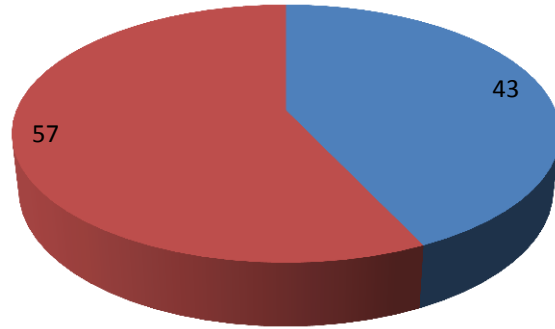
Tommy and Chloe

Both Tommy and Chloe could be charged with the making and distribution of child pornography because they were sharing images with each other. It is irrelevant as to whether the images were deleted, the only thing that matters is whether they were made and opened. Tommy and Chloe might think that they wouldn't be caught if they deleted the images, but internet and mobile phone providers keep a copy of everything that is sent and so this can be used by the police as evidence.

Inappropriate Comments

'Sexting' is a term often used to describe sexually explicit messages which are sent between people. This includes pictures (as we have previously covered) but can also include text messages too.

Sending explicit text messages to someone under 18 (even if you are under 18 yourself) is classed as child abuse for a variety of different reasons which includes exposing them to pornographic content, and grooming, etc.

Bullying / Trolling

1) How many abusive messages have to be sent before it classes as bullying?

_____

_____

2) What are some of the most common ways that people get cyberbullied?

_____

_____

_____

_____

_____

3) True or False? Adults can be victims of cyberbullying.

_____

True   False

4) Why do people bully people online?

_____

_____

_____

_____

5) What percentage of young people have been bullied online?

_____

_____ %

Answers:

1) One
2) See Facts below
3) True
4) See Facts below
5) 43%

Facts

Cyberbullying comes in all shapes and sizes. It can range from 1-off incidents to long term harassment.

There are various ways in which people can suffer from cyberbullying, including:

- Bullying by stealing your identity
- Bullying by spreading rumours and gossip
- Threats
- Blackmail
- Abusive comments
- Instant messaging
- Nasty pictures

People become cyber bullies for a variety of reasons:

- They see it as a way to stay popular
- Hurting others makes them feel powerful
- It helps them cope with their own low self-esteem
- They think it will help them fit in with their peers
- They have trouble empathizing with those they hurt
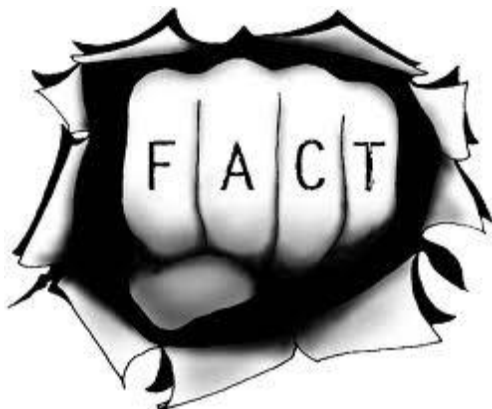
Anyone who makes threats to you on the internet could be committing a criminal offence. It's against the law in the UK to use the phone system - which includes the internet - to cause alarm or distress. It could also be against the 1997 Harassment Act. If you feel like you are being bullied then it's essential you tell your parents, school, or any other adult so that they can make a complaint to the police.

What Can You Do?

If anything in this booklet affects you, there is lots you can do to help yourself. The most important thing to do is to tell an adult that you trust as soon as possible. You can tell parents, teachers, youth workers, or various organisations like Childline, or CEOP.

Telling a responsible adult as soon as possible will stop it escalating further. It doesn't matter if you think that you've done something wrong, by telling an adult you are taking the right steps and things will get sorted out.

Congratulations!!

Well done you have completed the Internet Safety workbook!

Hopefully now you have a clear idea of some of the dangers of the internet and how to keep yourself safe.

Good Luck!

Appendix:

Social Network Safety Guides
(click icons for guides)
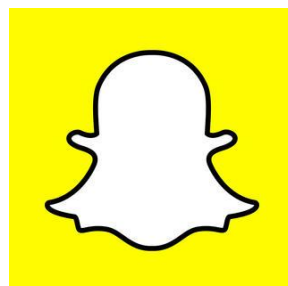

Twitter

Facebook

Ask.FM

Chatbot

Instagram
(Android)

Snapchat

Instagram
(iphone)

WhatsApp

Tumblr