THE ADVENTURES OF A CYBER-SURFER

(1) NEW FRIEND REQUEST



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It's probably just a spam account. Just decline it. We need to focus on clicking the link.
Uhm.. Why does it say thay Barack Obama is calling you ?



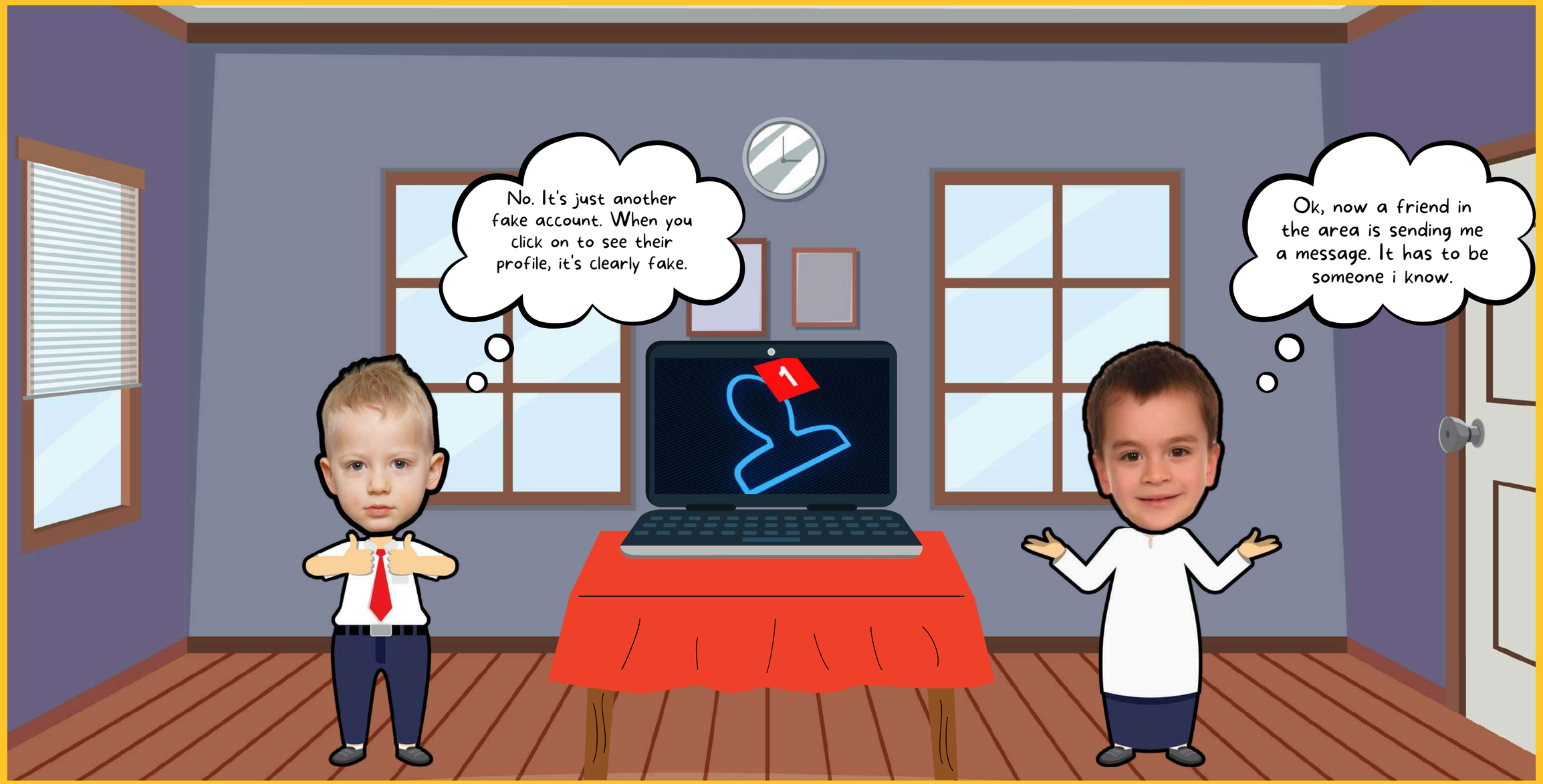
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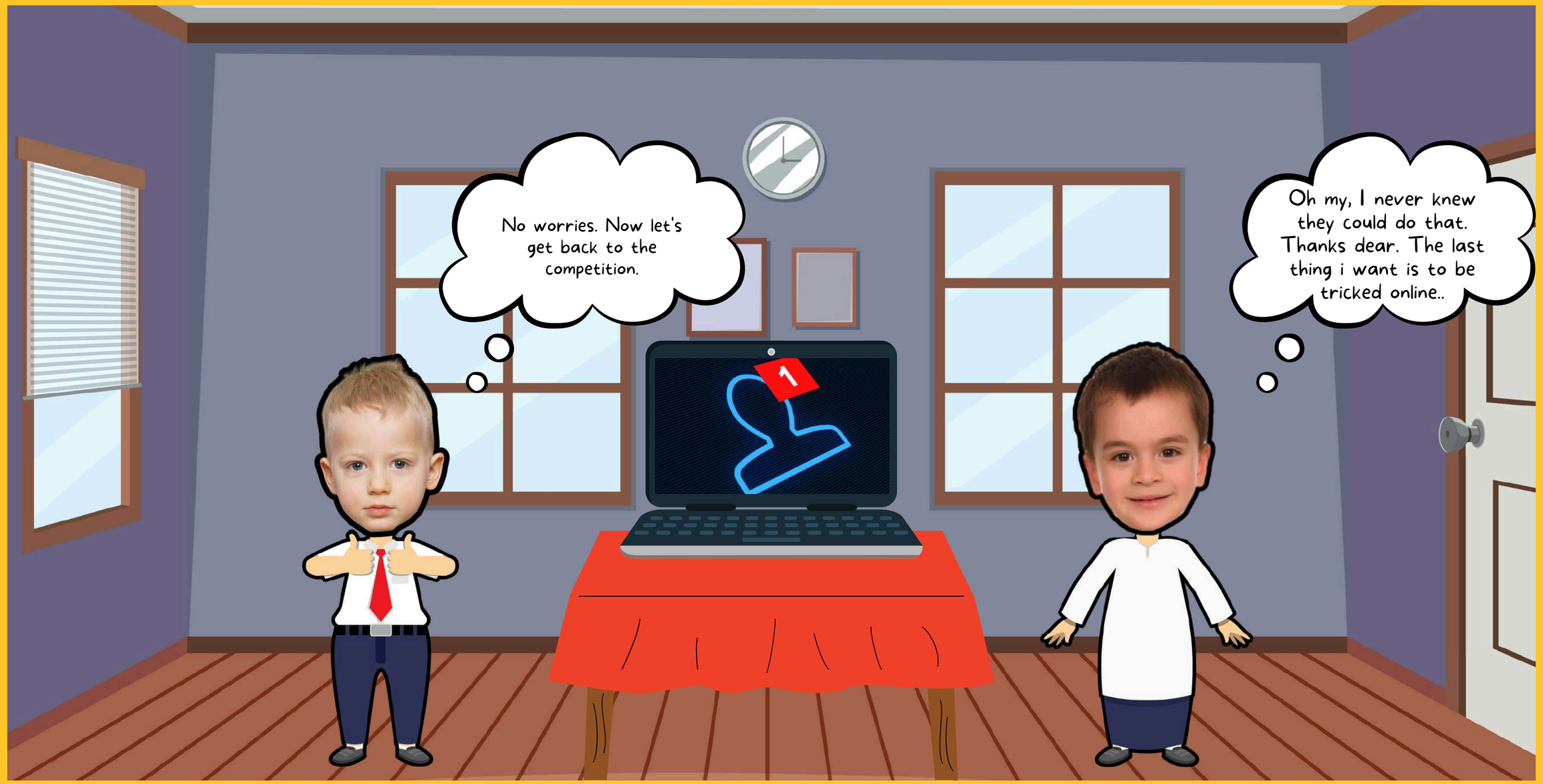


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TIPS FOR PARENTS

As a parent, you want to make sure that your child is safe. It is important to remember that the internet is a place full of opportunities. However, it can also be dangerous too. Sitting down with your child and talking to them about how to be safe on the internet is vital for their wellbeing and development. As a child, it can be fun and exciting to talk to friends online. Yet, it is important that your child knows what online stranger danger is, and how to avoid it. When talking to you child about online stranger danger, you can advise them to:

- Stick to safe sites.
- Don't share passwords.
- Talk to a trusted adult if someone they do not know contacts them online.
- Be choosy about online friends, and only talk to people online that they know in real life.
- Tell someone if they see strange or inappropriate online behaviour.
- Talk to a trusted adult if someone they don't know asks them to meet up in real life

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FUN ACTIVITY FOR YOUNG LEARNERS

Talking to your friends online can be fun. Nowadays, you can share text messages, images, videos, and even voice recordings! It is important that when you are communicating online, you are also being a smart, and good digital citizen. With your parent, think and write down five rules about staying safe when you are using the internet.

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2

3

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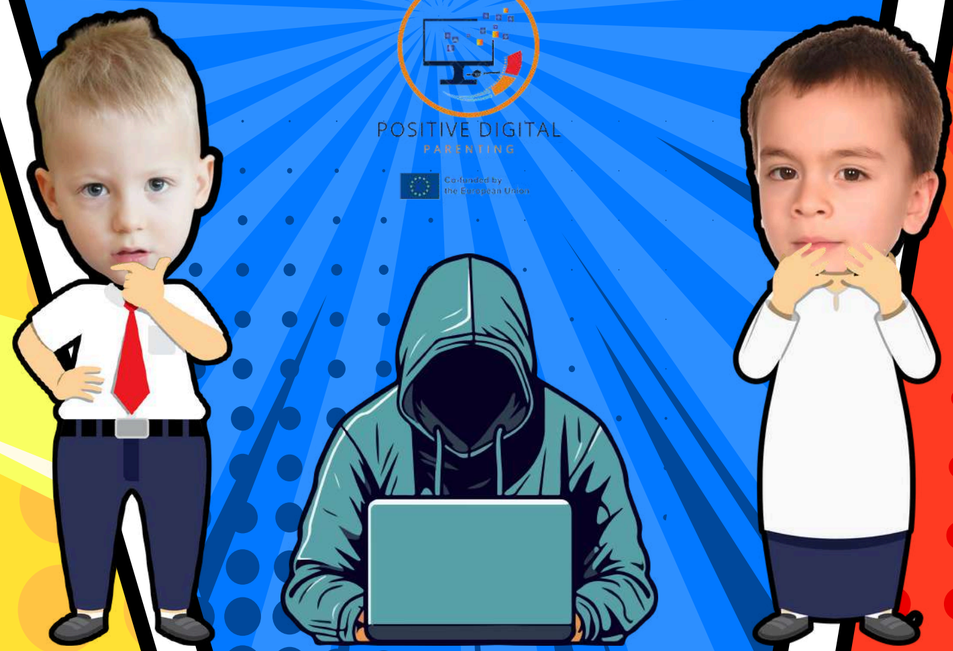
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GETTING CYBER-SAVVY







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TIPS FOR YOUNG LEARNERS

Cyberbullying is using technology to bully or upset someone else. This can include sending mean messages, embarrassing others online, spreading rumours online, excluding others online and much more! If you or someone you know is being cyberbullied, it is important to know what to do. Here are some helpful tips to stop cyberbullying: Cyber-Buddy or Cyber-Bully? Read each statement below. If it describes an action of a cyber-buddy, colour in the happy face, if it describes an action of a cyber-bully, colour in the sad face. Uses polite or friendly words when communicating online. Cares about how others feel Excludes other people Laughs when people mess up

- Don't take part in cyberbullying
- Talk to a trusted adult about it
- Report cyberbullying
- Only talk to people you know online
- Think before you post

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FUN ACTIVITY FOR YOUNG LEARNERS

Cyber-Buddy or Cyber-Bully?

Read each statement below. If it describes an action of a cyber-buddy, colour in the happy face, if it describes an action of a cyber-bully, colour in the sad face.

Uses polite or friendly words when communicating online.



Cares about how others feel



Excludes other people



Laughs when people mess up



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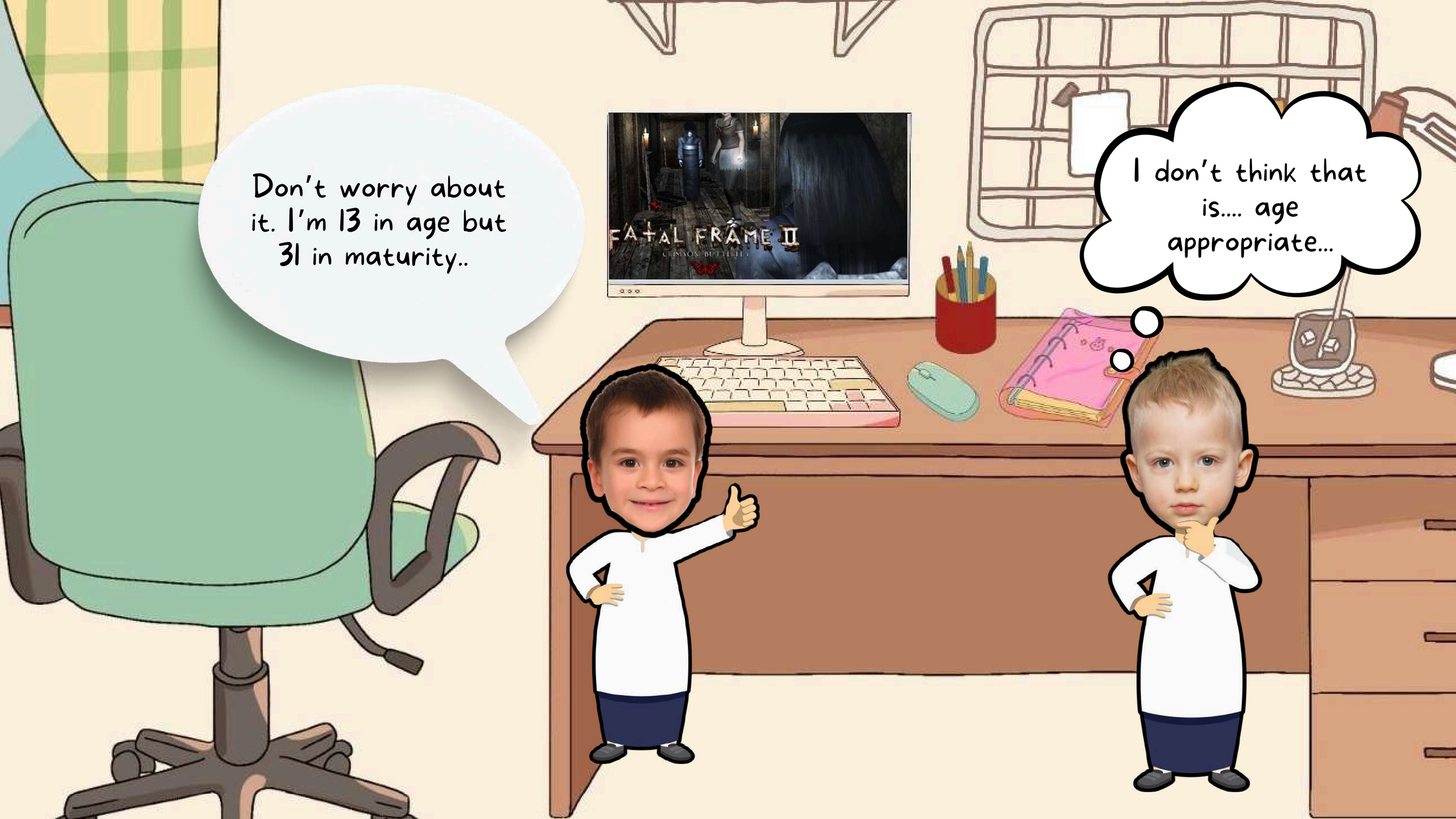
THE ADVENTURES OF CYBER-SURFER



ACT YOUR AGE

IVAIGO
IOVA
GENÇLİK KÜLTÜR, SANAT VE GELİŞİM DERNEĞİ
PEOPLE TO PEOPLE Estonia
POSITIVE DIGITAL PARENTING
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Oh , thanks !
I think I found the game I want.
Alright, just pick any game you like. It will be my Christmas gift to you.


Don't worry about it. I'm 13 in age but 31 in maturity..
FATAL FRAME II
CRIMSON BUTTERFLY
I don't think that is.... age appropriate...


It's fineeee...
FATAL FRAME II
CRIMSON BUTTERFLY
It says here '' Rated +18, do not let anyone under the age limit play


It wat not fine...


I told you not to play it.


These game are rated +18 for a reason. They contain big things that are just a bit too much for the younger mind to handle, that is why the +18 tag is there..


These game are rated +18 for a reason. They contain big things that are just a bit too much for the younger mind to handle, that is why the +18 tag is there..


These game are rated +18 for a reason. They contain big things that are just a bit too much for the younger mind to handle, that is why the +18 tag is there..


You ' re probably gonna have nightmares from this... again.. and it's just gonna mess with your sleeping habit.. again. Remember last year with Dead Space ?


Just try to keep an eye out for what material age rating is. Remember that '' curiosity killed the cat''.
Oh yeah... I couldn't sleep the night I first played that. But I just can't help myself. What can I do ?


And while surfing online, you can adjust your privacy setting to warn you or prohibit you from entering sites that aren't age appropriate too !
Thank you Cyber-Surfer. I'll keep it in mind next time :) !

TIPS FOR PARENTS

• Explain age limits and inappropriate content. Many online sites or games have a minimum age restriction. Explain to your child that age limits exist to protect them from content that might not be suitable.

• Set Ground Rules

Talk to your child and find out what things they like to do online. Agree on websites, apps and games that are best for them to use.

• Be calm and reassuring

Let your child know that they can talk to you or a trusted adult if they come across unsuitable content.

• Encourage Critical Thinking

Help your child to think about what activities they should or should not do when they are online.

• Talk about positive ways to use technology and the digital world

Show your child that you understand the role of technology and the internet in their lives.

FUN ACTIVITY FOR YOUNG LEARNERS

Complete the table below identifying which apps, websites and games that are appropriate or inappropriate for you as a digital citizen. If you are unsure, ask a parent or a trusted adult for help!

Appropriate Materials	Inappropriate Materials

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A

HOT CUP OF FOMO !

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cafe
Hey Aly..
Whassup ?
WOW...
Thanks for the
invite guys !


cafe
What do you mean ?
So we just thought we'd grab a quick coffee.
Oh I mean Ömer and I were just out get some dish soap
Uh hello, you guys are hanging out without me.


cafe
No i didn't say that..
Oh ok so you guys wew already hanging out without me.


cafe
Uhm...
What ?
And if you're hanging out without me, then you're probably talking behind my back too.
I knew it.


cafe
And then in about a month, you're probably gonna ditch me forever and the two of you will probably go out more without inviting me.


cafe
PORTAL, STOP !
And before I kknow it, you two gonna move to a different city with a new set of best friends and go on new adventures without me....


cafe
Look , you're experiencing what's called FOMO.
Fear of Missing Out.
It's very common for people to see other people hanging out on social media and feel that they are left out.


cafe
But worrying about these things will just affect our mental health. Besides , we can't be everywhere at once right?
So don't worry about what you see on social media. We're still your friend..
Yeah.. You know what, why not come down here and have a cup of coffee with us too ?


cafe
.....
Hmm...
Thanks but nah...
I don't like coffee..
.....

TIPS FOR YOUNG LEARNERS:

When you spend time on social media, you can experience FOMO - The Fear of Missing Out. When we see others posting the highlights of their lives online, it can sometimes make you feel sad or excluded. When you feel that you are experiencing FOMO, you can try some of these tips to improve your mood and wellbeing: FOMO can sometimes make you feel left out, disappointed or upset. It is important to recognise what different things can make you feel in order to look after your wellbeing. Complete the activity below by colouring in the pictures that you enjoy doing. Discovering things that make you happy and partaking in these activities can help you to feel good and eliminate FOMO from your life!

- Focus on what you have
- Keep a journal
- Spend time with your friends
- Live in the moment
- Have technology-free time

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FUN ACTIVITY FOR YOUNG LEARNERS

FOMO can sometimes make you feel left out, disappointed or upset. It is important to recognise what different things can make you feel in order to look after your wellbeing. Complete the activity below by colouring in the pictures that you enjoy doing. Discovering things that make you happy and partaking in these activities can help you to feel good and eliminate FOMO from your life!













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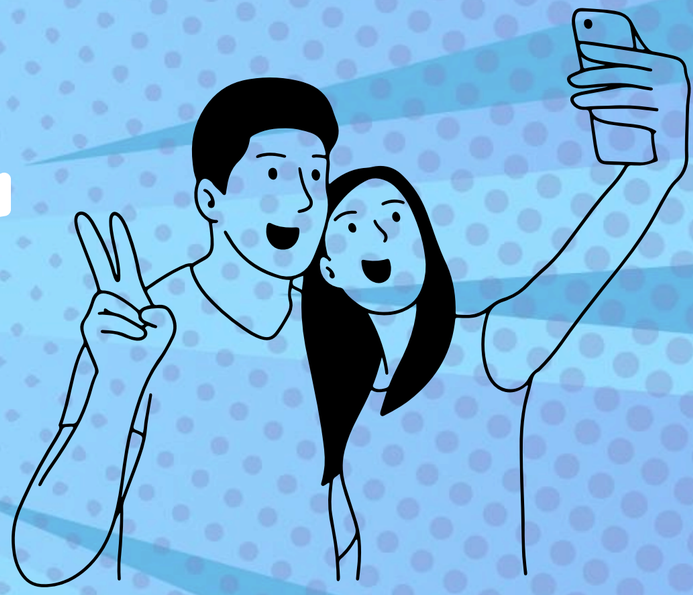
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HOW I SEE MY SELF-IE



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Oh really ?
How come ?
Wow, look at this influencer. He is so handsome! I wish could just swap lives with him.


Well , It's just that all these other oeople are handsome and they live a great lifestyle.
I just want to see what's like to be perfect like them...


Well , let me have a look at him.
I don't think you are that far off!
Well, here, just look..


Uhmm.. I hate to break it to you...


That's not what I have in mind...
That I'll never be that handsome?
Yeah I know. I can't go on a diet. I love food too much..


Well that is what I have in mind but not in the wat that you think. You can't get this body cause it's clearly Photoshopped.
I don't see it...


You're joking right ? The muscles of the man in the photo look bigger than they really are...
He got plastic surgery ?


I believe that everyone is beautiful and everyone has their own life. You don't have to compare yourself to others on social media and feel insecure on the inside..


And sometimes , most of what you see online could even be staged or Photoshopped.
So just feel happy for others, but don't feel bad for yourself.


Now, I believe you have a night out with your friend right? So go get ready and live ''your'' life to the fullest!
Yeah, you're right Cyber. Thank you, I really needed that.

TIPS FOR PARENTS

Promoting your child's body image can help them to take pride in their appearance and feel good about themselves. This leads to healthy self-esteemed.

To help your child build a health body image, you can:

- Teach them about their body
- Guide them to take care of their body
- Say nice things about how they look
- Show them that you are proud of what they do

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FUN ACTIVITY FOR YOUNG LEARNERS

Your body image is how you see yourself. Having a good body image can help you to feel confident and proud! Complete the activity below, filling in what makes you happy about yourself.



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TIME FLIES !







POSITIVE DIGITAL PARENTING

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IVAIGO

IOVA GENCLIK KULTUR, SANAT VE GELISIM DERNEGI

PEOPLE to PEOPLE Estonia

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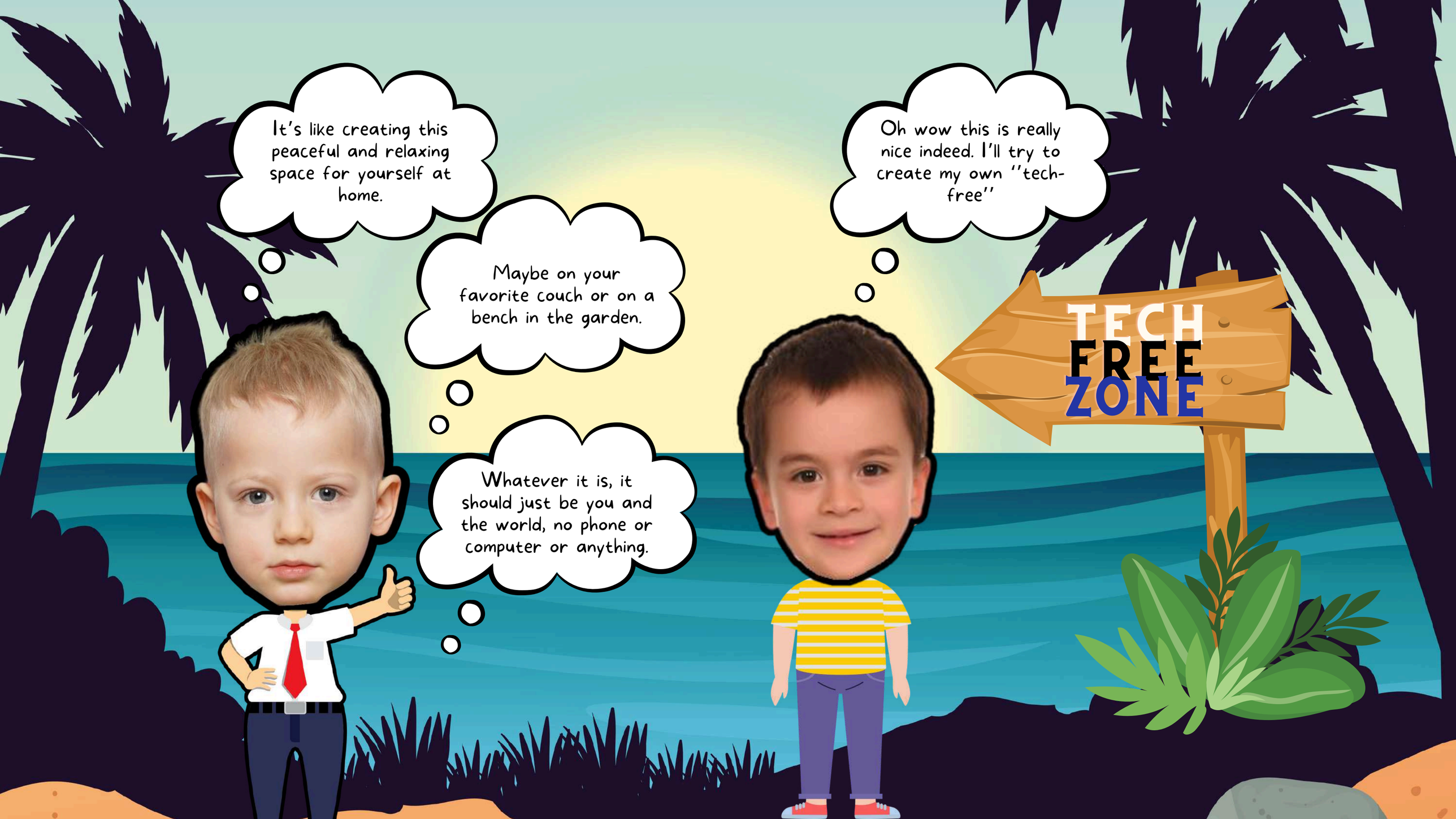

Oh I'm just going through reading upon some articles abouts penguins.
Hey what are you doing ?


Don't worry. I know
But don't be on there for too long. Just keep track of your screen time.
Oh it's nice to see you do research online.




OMG. I've been on for about 8 hours.
WIFI! Check how long was your screen time.


Is there any tip you could help me to reduce my daily screen time ?
Well for starter you should try to create a technology free zone.


It's like creating this peaceful and relaxing space for yourself at home.
Maybe on your favorite couch or on a bench in the garden.
Whatever it is, it should just be you and the world, no phone or computer or anything.
Oh wow this is really nice indeed. I'll try to create my own ''tech-free''
TECH
FREE
ZONE


I want that too. But sometimes it's hard to keep track of how much time passed when I'm surfing thr internet.
Also, while I'm not saying technology is bad. You should only be spending a limited amount of time on them.


That's so practical. I've never thought about this.
Even when you're for too long at once, it will force you to go on a small break as well.
Well if that's the case, there are a lot of apps that you can help with that. These app will limit the amount of screen time you get per day
screen time


You're right ! If they can have fun and put and put it on social media, why shouldn't I
screen time
That must be more exciting doing it yourself then just watching other people doing it.
And hey, why not go do some more outdoor activities and then sharing pictures... Story of them social media at the and of the day ?


Screen time will fly be fast, so always remember to keep track of it and keep it moderate
screen time

TIPS FOR PARENTS

- Learn about your child's online activity
- Set boundaries with your child about their screen time.
- Integrate technology and allow them to talk to you about it
- Talk to them about online privacy
- Balance online & offline activities
- Help your child to manage their own screen time.

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FUN ACTIVITY FOR YOUNG LEARNERS

The internet and social media can be so much fun! But is always good to take a break from screens and find alternative things to do with your free time. This is called having technology-free time. From the table below, draw a circle around the activities that promote technology-free time. Why not try and do some of these activities to make sure you have a healthy screen balance in your life!

Read a book	Cook with your family	Play the Nintendo Switch
Play fortnite	Play football	Try a new hobby
Talk with your friends online	Play a board game	Write a story
Watch videos on YouTube	Make a TikTok	Tidy your room

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