Understanding the digital world: LEVEL 1

Let's find out what you already know about the digital world with this short quiz.

Read each sentence and choose if you think it is TRUE or FALSE.

1. **It is a good idea to share your password with other people.**

   TRUE   FALSE

2. **It is ok to share a funny picture of your friend on social media.**

   TRUE   FALSE

3. **If someone sends you nasty messages online, you should let a trusted adult know.**

   TRUE   FALSE

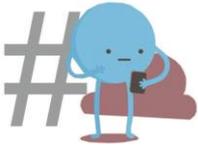4. **Not all websites are safe and not all images and stories online are true.**

   TRUE   FALSE

5. **If someone you don't know sends you messages, it is rude to ignore them.**

   TRUE   FALSE

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Understanding the digital world: LEVEL 2

Let's find out what you already know with this multiple-choice quiz.

1. **Which of these should you be careful about sharing online if you want to protect your privacy?**

   A. Your full name and date of birth.

   B. Your pet's favourite food.

   C. The fact that you love football.

   D. Your favourite book.

2. **What should you do if someone sends you abusive messages online?**

   A. Show a friend who will find it funny.

   B. Send them abusive messages back.

   C. Report the messages to the service provider, block the user and tell a trusted adult.

   D. Delete the messages but don't report them to anyone.

3. **What is the best thing to do when choosing a password for online accounts?**

   A. Think of an easy one so you don't forget it and make sure you share it with your friend.

   B. Use the same password for all online accounts so that you don't get confused.

   C. Use a different password for each account and keep it a secret.

   D. Write it down somewhere obvious so you know where to find it.

4. **Why doesn't Facebook charge people to sign up?**

   A. It is a charity and can afford to offer a free service.

   B. It is a very rich company, so it doesn't need to make any more money.

   C. It does charge people once they are 16.

   D. It makes money from charging advertisers that want to target you.

5. **Which of these is a sign that a website may be unreliable?**

   A. There is an image next to the story.

   B. The web address (URL) looks strange.

   C. There are no pop-up adverts.

   D. There are lots of colours on the website.
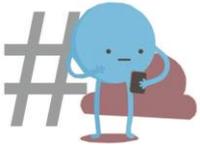
6. Which of these is an example of online 'trolling'?

A. Writing abusive posts on social media and starting arguments online.

B. Commenting on every post you read on social media.

C. Using smiley emojis instead of words.

D. Sending a photo of yourself to your friends on a group chat.

7. Which of these is an example of good behaviour online?

A. Sending a message to your parents every day.

B. Switching your phone off before you go to sleep.

C. Asking your friend if it is OK before you post a picture of them on social media.

D. Writing messages in upper case rather than lower case letters.

8. What do the following features of an app or website have in common?
*moderation, blocking, privacy settings, professional content*

A. They indicate that the website must be unsafe.

B. They indicate that the website could be safer.

C. They indicate that it must be a news site.

D. They indicate that the site has more than 100,000 visitors a day.

9. What is this referring to? *'Showing a real-time film of your life online for the rest of the world to watch.'*

A. Pretending to be someone you're not, online.

B. A video chat with three friends.

C. Peer-to-Peer support.

D. Live streaming.

10. Imagine you are playing an online game with your best friend and this message pops up: 'Click here to win the latest smartphone'. What is the best thing to do?

A. Get your friend to click on the popup.

B. Ignore the message and close the window.

C. Click on the message to see if you have won.

D. Leave the message open and click on it when you've finished the game.

ANSWERS: 1.A 2.C 3.C 4.D 5.B 6.A 7.C 8.B 9.D 10.B

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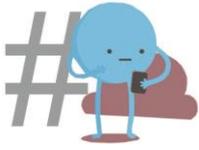
Understanding the digital world: LEVEL 3

Let's find out what you already know with this multiple-choice quiz.

1. **Why should you check before posting an image of someone else on social media?**

   A. You may not have enough followers, so it may not be worth it.

   B. You're not in the photo so it will confuse your friends.

   C. The person in the photo may not want the image made public.

   D. You should never post a photo before editing it.

2. **Which of the following is most likely to be a 'fake news' story on the internet?**

   A. 'Ant the size of a horse was spotted in a field in the countryside.'

   B. 'Bank holiday traffic is causing delays in the city.'

   C. 'City zoo welcomes new baby tiger.'

   D. 'Earthquake tremors cause damage to buildings.'

3. **Which of the following is an example of peer-to-peer support?**

   A. A teacher helps a student who is struggling with a problem at home.

   B. A doctor helps a young person who is feeling unwell.

   C. A young person has cognitive behaviour therapy with a clinical psychologist.

   D. A young person sets up a vlog and a blog to help others who suffer from the same illness.

4. **Which of these is NOT a use for an algorithm on Facebook?**

   A. To decide which stories will appear on your newsfeed.

   B. To show you specific friends' posts based on your interactions with them.

   C. To guarantee you get plenty of likes for each post.

   **D.** To detect which posts may have unreliable/'spammy' links.

5. **What is catfishing?**

   A. Pretending to be somebody else, usually on the internet.

   B. Stealing other people's followers.

   C. Sending nasty messages to people online.

   D. The act of 'liking' every post you see online.

be smart
use heart
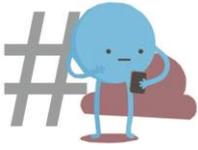
6. What is the following referring to? *'You can sign in with a password and then a code sent to your phone, adding an extra layer of security.'*

A. Moderation

B. Two-step verification

C. Password sharing

D. Anonymity online

7. What does it mean if you send an 'encrypted' message?

A. The message is encoded so only the person sending and receiving the message can read it.

B. The message is made public on social media and anyone can access it.

C. The message always contains something that is illegal.

D. The message is accidentally sent to the wrong person.

8. What is this referring to? *'Websites employ people to check to see what people are posting online, deal with reports and remove harmful content.'*

A. Anonymity.

B. Moderation.

C. Privacy settings.

D. Social media followers.

9. Which of these scenarios is an example of showing 'online empathy'?

A. A girl posts an embarrassing photo of her friend on social media and puts a laughing face emoji in the caption.

B. A boy who is feeling ill decides to look up his symptoms online.

D. A boy posts a 'Well done! I know how you feel!' comment on a video of someone taking a tough challenge to help raise money for charity.

C. A girl sends a photo of herself to her family on a group chat.

10. A post on a social media site attacks a group based on their religion. A person 'likes' and shares it with friends on social media as a joke. Select the most appropriate response.

A. This is just a joke and it isn't a problem to like and share it if it is funny.

B. This is an example of spreading hate speech and it isn't right to share on social media.

C. This is ok to share but you must make it clear that it is a joke.

D. This is fine to share if it doesn't contain a photo or other personal information.

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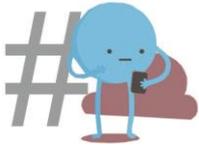
Be safe online: LEVEL 1

It can be fun to chat with friends or family online, but it is risky chatting or sharing things with people that you don't know.

TASK 1: Decide whether these messages are SAFE or RISKY.

	SAFE	RISKY
Hi! You don't know me, but do you want to be my friend? Let's live chat.	☐	☐
I like your photo. Add me!	☐	☐
Don't forget to take your sports kit with you tomorrow. Love mum x	☐	☐
Do you know what Mrs. Bell set for homework today? I missed class.	☐	☐
Hey sis, can I borrow your green top tonight? Thanks! X	☐	☐
Hey, where do you live? Let's be friends!	☐	☐
Hey, I like your photo. Add me and I'll send you a photo…	☐	☐
Want to see a photo of me? Add me to your private chat.	☐	☐
What time will you be over later for dinner? Love Aunty x	☐	☐
Are we still on for the cinema tomorrow night? Shall I meet you there?	☐	☐
You look cute. Send me a photo on private chat.	☐	☐

TASK 2: Write three tips about how to work out if a message is SAFE or RISKY.

1) …………………………………………………………………………………………..

2) …………………………………………………………………………………………..

3) …………………………………………………………………………………………..

TASK 3: Discuss: share and compare your tips. How can you work out if a message is SAFE or RISKY?

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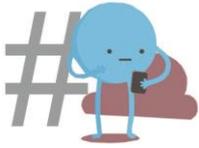
Be safe online: LEVEL 2

The online world is a very busy place. Not everything you see and hear online will be true. You need to learn how to work out whether information is true and reliable.

TASK 1: Circle all the statements that give signs of an unreliable website.

The author/organisation is well-known and considered to be reputable.

They use high-quality images only.

The images are heavily edited and unrealistic.

The views of the author seem extreme and are not backed up with any evidence.

The URL is familiar and doesn't look strange.

There is reliable scientific evidence in the bibliography.

The website was recommended by a teacher.

The URL or web address looks unusual.

There are popup adverts saying that you've won prizes.

The author is unknown.

There are no popup adverts.

There are popup adverts requesting your personal information.

The same news story appears in lots of different websites.

TASK 2: Create your own 'fake news' story and 'true' story. Remember to include a URL, a headline, a short explanation and an image.

TASK 3: Describe how you can spot a reliable and unreliable website. Use the two examples you created to help you explain the differences.

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Be safe online: LEVEL 3

Some websites might try to get you to share information that is personal or may just contain unreliable information. Knowing how to spot the risky places online can help you stay safer and have more fun.

TASK 1: Decide which category the following statements fit under.

	Phishing scam	Fake news	Risky contact	Safe contact
Hey, what's your name? Add me to private chat…				
WINNER! Click here and enter your email address and password to claim your mystery prize!				
Hello! The cinema was fun. We should meet up again soon. Take care!				
Nice photo! Want to be friends? Add me.				
Hey! It's me! Can I borrow your trainers for sports day? Thanks!				
You've won a new smartphone! You have 60 seconds to fill in your personal details!				
Hey. Where are you from? How old are you? Wanna chat?				
CONGRATULATIONS! You've won $1 million! Hurry! You must claim your prize NOW!				
A study by scientists finds that giant otters can speak Spanish.				
What school do you go to? Wanna be friends?				
5 hamburgers a day is good for you, says Hamburger Association.				
Did you know that you are owed $100? It's quick and easy to claim it back. Just click here.				
Have you got my science textbook? Did you pick it up by accident in class? X				

TASK 2: Write a short definition in your own words for:

1) A phishing scam

…………………………………………………………………………………………..

2) Fake news

………………………………………………………………………………………….

TASK 3: Discuss: What is the difference between a phishing scam and fake news?

be smart
use heart

Being a Digital Citizen: LEVEL 1

Not everyone in the online world will say, or do, kind things. Some people will be unkind on purpose. It is easier for them when they can just hide behind a screen.

TASK 1: Decide if the following messages are KIND or UNKIND.

	KIND	UNKIND
What a great photo!	☐	☐
You look terrible!	☐	☐
I think you're a boring person.	☐	☐
What a loser!	☐	☐
I hope you get better soon.	☐	☐
You're my best friend.	☐	☐
I HATE YOU!! YOU'RE SO ANNOYING!	☐	☐
Here's a picture of a monkey because I know you like them! X	☐	☐
I did this painting to cheer you up.	☐	☐
Just stay away from me. I don't like you.	☐	☐
Wow, your photos are so professional!	☐	☐
Nobody wants to be your friend. Don't you get it?!	☐	☐
You're so dumb!!	☐	☐
I think you're perfect!	☐	☐
Hahaha I can't believe how bad you look in that photo!	☐	☐

TASK 2: Write three examples of kind messages you could send online.

1) …………………………………………………………………………………………..

2) …………………………………………………………………………………………..

3) …………………………………………………………………………………………..

TASK 3: Discuss: why do you think it is important to be kind online?

be smart
use heart

Being a Digital Citizen: LEVEL 2

Sometimes people don't realise they are being unkind online. When you're not face-to-face things can be easily misunderstood because you can't see or hear a person saying something out loud.

TASK 1: The following messages are not very clear. Change the messages to make sure the person reading them knows that they are meant to be kind.

e.g. 'You look different with that new haircut' ⟶ 'You look different with that new haircut – I like it!'

Your dog looks unusual in that photo. ⟶

That's a bizarre photo. ⟶

Is that really you? It doesn't look like you at all! ⟶

I won't be coming out for your birthday dinner. ⟶

That's a brave choice of outfit! ⟶

That's a bright jumper. ⟶

OK. Fine. ⟶

I guess so… ⟶

You never wear that colour. ⟶

Hmm…Did you take that photo? ⟶

TASK 2: Discuss: explain the changes you made to the messages. How do you think your changes make the messages kind?

be smart
use heart

Being a Digital Citizen: LEVEL 3

**TASK 1: Write a definition for the following words.
You can use the library to help you.**

1) Cyberbullying: …………………………………………………………………………

2) Trolling: …………………………………………………………………………………

TASK 2: Put the following negative statements into the relevant categories:

	Cyberbullying	Trolling	Embarrassing a friend
Stop talking to me at football club. Nobody wants to be your friend. You're a loser.			
Hahaha, check out this message my friend sent me earlier. She can't spell at all!!			
Who is this singer? You can't dance, your music is rubbish and your hair looks silly too!			
Hey loser. You better not tell anybody that I threw your school bag in the bin earlier.			
I've told you before, nobody likes you. Why don't you just leave this school?			
This is the worst blog. I don't know who you are, but nobody cares about your opinion.			
Look at my friend in this photo after he fell over in the mud! He looks so funny!			
I'm going to tell everyone at school to ignore you and you'll be a loner. Everybody hates you anyway.			
Haha check out this photo of a page of my sister's diary!			
I know you're famous, but I think you're a loser! I don't know why anyone follows you.			

TASK 3: Discuss your definitions for cyberbullying and trolling with a friend or family member.

How do they differ? How do you think experiencing, or witnessing, negative behaviour can affect people online?

be smart
use heart

Recovery: LEVEL 1

Anybody can make a mistake online. Even if you are careful, accidents can happen, you may feel unsafe or people can be unkind. When things go wrong the most important thing is that you know how to get help and recover.

TASK 1: Match the online problem or mistake with the most suitable solution.

|	
Posting an embarrassing picture of one of your friends to a social media account.	Log in and reset your password to something else.
Sharing your password with your best friend.	Change it to something else using a mixture of numbers and lower and upper case.
Setting an easy to remember password and writing it down somewhere obvious.	Apologise to them and take the photo down.
Adding a stranger on a chat forum and now they won't stop messaging.	Tell a trusted adult immediately so they can help support you. It isn't your fault.
Writing a comment on a photo that was meant to be a joke but upset a friend.	Delete the comment and apologise. Explain what you meant and avoid doing it again.
Being tricked into doing something that makes you feel ashamed and upset.	Ask a trusted adult to help you block and report the person then deactivate the chat forum.

TASK 2: Write 3 top tips to pass on to a friend or sibling about how to recover from online mistakes.

1) …………………………………………………………………………………………………..

2) …………………………………………………………………………………………………..

3) …………………………………………………………………………………………………..

TASK 3: Discuss: why do you think recovery from online problems and mistakes is important?

be smart
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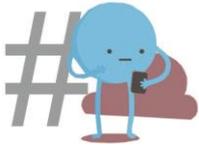
Recovery: LEVEL 2

Anybody can make a mistake online. Even if you are careful, accidents can happen, you may feel unsafe or people can be unkind. When things go wrong the most important thing is that you know how to get help and recover.

TASK 1: Discuss a scenario where things go wrong online. Talk about a sensible recovery solution for the mistake or problem.

TASK 2: Design and make a poster for your home or your school classroom with top tips on how to stay in control of online mistakes.

You could include the following:

- Tell a trusted adult if you've been tricked into doing something that upsets you
- Remove any mean posts or embarrassing pictures of other people
- Learn how to block and report people
- Change your password if you think someone else may know it

TASK 3: Present your poster to a friend or family member. Discuss why recovery from online mistakes and problems is important.

be smart
use heart

Anybody can make a mistake online. Even if you are careful, accidents can happen, you may feel unsafe or people can be unkind. When things go wrong the most important thing is that you know how to get help and recover.

TASK 1: This issue of DigiWorld magazine looks at what to do when things go wrong online. You are the digital expert.

Read the scenarios of situations where something went wrong online.

Write a message to each person advising them of the best way they can recover.

When I went online last week to play games with my friends someone started chatting to me on the online chat forum. I didn't know who it was, but I thought it would be funny. Now the person keeps sending me messages and won't leave me alone. Some of the messages are mean. I haven't told anybody because I'm scared and embarrassed. What should I do? Please help!

Janet, 14

I shared a post on social media because I thought my friends would find it funny. Someone tells me that the post was offensive against a religious group and came from an organisation known for spreading hatred and violence. What should I do? I only meant it as a joke! I didn't mean to cause harm.

Susan, 15

I read an article online that says the world is going to end. At first, I was scared and then my mum reassured me that the article wasn't true. I'm a bit embarrassed for believing it. But how can I work out what is real online? Do you have any tips to help me? Thank you!
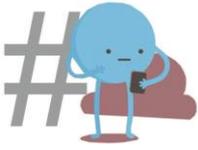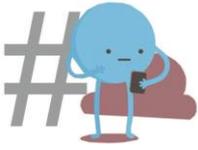
John, 13

I decided to live stream a video of myself dancing in my bedroom and singing along to my favourite song. I got lots of nice comments on the video, but also some really mean ones that made me upset and embarrassed. Someone commented and asked where I live and what my phone number is. They didn't give their name and age though. Was it rude that I ignored them?
What should I do?

Kate, 15

Someone tricked me into doing something online and now I feel upset and ashamed. I don't want to tell anyone about it because they may think it is my fault, even though I didn't know what was happening at the time. Is it my fault?
What should I do?

Peter, 14

TASK 2: Discuss: why do you think it is important to know the best route to recovery from online mistakes and problems?

be smart
use heart

ANSWERS

1. C   Digital resilience isn't about being a tech expert and knowing everything there is to know about the online world. Digital resilience is about being able to handle the challenges and embrace the opportunities that the digital world can bring.

2. D   Live streaming is the broadcasting of real-time footage for other people online to watch.

3. A   Online 'trolls' are those who are abusive online or write comments to provoke someone and start an argument.

4. D   Facebook makes money through advertisers.

5. B   Sites with all these functions are usually an indication that they're safer.

6. D   If someone is harassing your child online, you can report it to the service provider and block them.

7. B   Giving away the name of their school in a public space can leave your child vulnerable and would mean strangers would be able to locate them if they wanted to.

8. B   Phishing scams often appear as popups when you're browsing a website or emails from unknown senders.

9. D   A, B and C all indicate that an online space may be riskier. Whether or not there are many images isn't relevant when it comes to finding safer spaces online.

10. B   Many online accounts now encourage you to activate two-step verification to provide an extra layer of security.

11. C   It is important to avoid sharing offensive posts online, even if it is meant to be a joke. The original post may come from an organisation inciting hatred, and perhaps even violence, against others.

12. C   It's not always easy to spot if a website is reliable or not, but there are some clues to look out for that can help.

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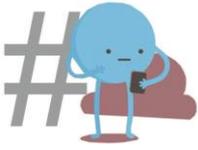
Understanding the digital world: Parent Quiz

Find out what you already know about the digital world by taking this multiple-choice quiz…

1. **Which of these statements comes from a description of a digitally resilient child?**

   A. They know everything about the online world.

   B. They are a tech expert and understand how computers work.

   C. They have the skills they need to recover from problems they come across online.

   D. They are usually unkind to others online.

2. **'Broadcasting real-time footage of your life online for the rest of the world to watch.' What is this referring to?**

   A. Pretending to be someone you're not.

   B. A video chat with three friends.

   C. Peer-to-Peer support.

   D. Live streaming.

3. **Which of these is an example of online 'trolling'?**

   A. Writing abusive posts on social media and deliberately starting arguments online.

   B. Commenting on and liking every single post you read on social media.

   C. Using smiley emojis in social media posts instead of words.

   D. Sending a photo of yourself to your friends on a group chat.

4. **Why doesn't Facebook charge people to sign up?**

   A. It is a charity and can afford to offer a free service.

   B. It is a very rich company, so it doesn't need to make any more money.

   C. It does charge people once they are 16 years-old or over.

   D. It makes money from charging advertisers who want to target users.

5. **What do the following features of an app or website all have in common?**
   Moderation, blocking, privacy settings, professional content

   A. They all indicate that the website must be unsafe.

   B. They all indicate that the website could be safer.

   C. They all indicate that it must be a news site.

   D. They all indicate that the site has more than 100,000 visitors a day.

6. **What do you think is the best thing to do if you find out someone is sending your child abusive messages online?**

   A. Send a message back telling them to stop doing it.

   B. Help your child delete the messages.

   C. Tell your child to just ignore them as they can't be harmed online.

   D. Support your child if they are upset and help them report and block the user.

be smart
use heart
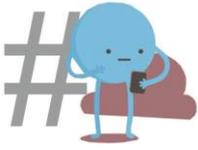
7. **Which of the following could be risky information for your child to share in public online?**

   A. Their favourite subject.

   B. The name of their school.

   C. Their favourite sport.

   D. Their least favourite film.

8. **What is 'phishing'?**

   A. When someone writes abusive comments online.

   B. A scam attempting to get your personal information.

   C. The process of reporting abuse to a service provider online.

   D. Commenting on photos of celebrities online.

9. **Some online spaces can be riskier than others. Which of these statements is NOT referring to a riskier space online?**

   A. There are no moderators and it is difficult to report abuse on the website.

   B. One can live stream on the website.

   C. Strangers can make live comments that are not moderated on the website.

   D. There are not many images to accompany the articles on the website.

10. **What is the following referring to: 'You can sign in with a password and then a code sent to your phone, adding an extra layer of security.'?**

    A. Moderation

    B. Two-step verification

    C. Password sharing

    D. Anonymity online

11. **There is a post on a social media site that attacks a group based on their religion. Your child thinks it is a joke and 'likes' and shares it with friends on social media. Select the most appropriate response.**

    A. This is fine to share if it doesn't contain a photo or other personal information.

    B. This is just a joke and it isn't a problem for them to like and share the post if it is funny.

    C. This is an example of spreading hate speech and it isn't right to share on social media.

    D. This is ok to share but you must make it clear that it is a joke.

12. **Not all websites are trustworthy, and some contain 'fake news' or unreliable information. How can you spot if a website is more likely to be reliable?**

    A. There are lots of pop-up adverts.

    B. The web address has a mixture of numbers, letters and characters.

    C. The author and organisation are well-known and considered to be reputable.

    D. The photos are heavily edited.

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