Internet Safety:
Let's Start A Conversation

Grade 6
Discussion Guide

phea

Healthy Schools
Healthy Communities

How to Use This Guide

Together, watch the short video, *Being a Good Digital Citizen*, and then use the Conversation Starter Questions and Themes to Reinforce the Learning to facilitate your conversation. You can also use the Conversation Starter Questions and Themes to Reinforce the Learning to spark a conversation without watching the video.

Video Description

One of the characters in this video opens their social media feed to discover that a friend has posted a photo of them and another friend on their social media feed without their permission. The image contains identifying information such as their school and team name. The character must confront their friend about this breach in privacy and decide what to do to resolve the conflict.

Conversation Starter Questions

- What are some ways you can make your online community welcoming and accepting of everyone?
- How does a welcoming, accepting, and respectful online community benefit everyone involved?
- How might a person's thoughts and emotions affect their actions? How might a person's positive and negative thinking affect their mental health?
- How might you apply relationship skills to promote positive interaction and avoid or manage conflict online?
- How might being online pose risks for you or others you are responsible for? What are examples of safety practices and procedures you might use for avoiding or responding to this "risk" or a potentially dangerous situation while online?

Themes to Reinforce the Learning

Your child will have discussed some of these ideas about digital citizenship and Internet safety as part of their learning. Consider including them in your conversation with your child to support their learning and encourage them to apply these strategies at home:

- Be as cautious and suspicious online as you would in real life.
- Be careful what you post. Be careful what you download.
- People feel safe behind a screen. They don't always realize the consequences of their behaviour.
- When someone feels like they don't belong, are not respected or included it can have a major, negative impact on their mental health and well-being.
- When someone feels included, they are more self-confident and better able to value themselves and others. Everyone wants to feel that they belong and are accepted.
- When people feel accepted, they feel confident enough to share their experiences, which helps everyone learn more about one another, understand what people have in common and recognize what makes people unique. Different perspectives are valued.
- Respecting others helps build a positive environment. Avoid being negative or saying or posting something that might be inappropriate. Not everyone has to agree with each other about everything but can disagree in a respectful way.
- Make sure you know everyone who is part of a chat group. Do not accept friend requests from people you don't know.
- When chatting online be careful not to reveal any information about yourself and others.
- If a topic or question makes you feel uncomfortable don't respond and close the chat.
- If someone asks you to share information, videos, or pictures of yourself don't do it and tell someone about it.
- When posting information online think about how it might be used by others. Sometimes the information might include clues to passwords or other private information or to send notifications that are inappropriate. To protect your privacy, make sure any questions don't lead to giving out personal information.
- Be careful that personal pictures posted don't include any identifying information.
- If someone does something online or an action you disagree with or is intrusive stop whatever you are doing online and tell an adult about what's happened. Follow up with the person to let them know that you disagree with their actions online.
- Investigate privacy tool options.
- Screenshots and videos can be used to manipulate, embarrass, or bully someone. Make sure privacy settings are set to restrict who views your posts. Streaming apps have

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limited privacy controls, so you don't always know who's watching.

- Many apps have private messaging options or built-in GPS technology that can identify the location of people who use it, and some apps share a person's location without asking permission. Make sure the privacy controls are set to block people you don't know and your location.

- Be careful about downloading apps and the profile information you add. Ask an adult to help when downloading apps to make sure they are appropriate, and you don't share private information in your profile.

- Even though pictures or videos you post are supposed to disappear after a certain period of time, they can still be forwarded or stored somewhere on the Internet. Think carefully about what you post because it may be there forever.

- Some messaging apps allow you to talk to strangers. You should never accept friend requests or engage in messaging with people you don't know.

- Many online games have built-in chat features. Be careful who you are chatting to even if they say they are your friend. You can make sure your controls are set up so you can block or restrict individuals from playing with you.

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