

Lets get to know the
Internet



The Internet a positive and amazing place.

We can use the Internet to gain many benefits;

- We can seek information.
- Stay in touch with friends.
- Learn about new places and cultures.

Misusing the Internet can lead us into trouble;

- Damage our reputation and future.
- Get us into trouble with the law.
- Get us into trouble with school authorities or parents.



Remember:

You need to be smart when
using the internet!

Think! Be safe!





He wanted to meet with me alone after the class. You know how strict my parents are so I said I can't. Then he suggested that we share some photos. He sent some really nice photos of himself. He is very good looking. And I didn't see anything wrong in sending some of my photos.



Oh really?! You know that it's not such a good idea to share photos like that. We have to be careful. Anyway go on...


He said that I looked beautiful in the photos.... So I sent him more photos of myself. I sent him one photo of me in our garden wearing a saree. He really liked that photo.



However now for about a week he keeps asking me for a photo without clothes. Ashen says that he will feel closer to me then.









Varuni, someone who cares about you will not force you to do something that you are not comfortable with!



What if you two break-up in the future? What will happen to the photos? After you press the send button, you can't get the photo back you know....



What can't you do with photos like that? In vain, so the chess tournament was also lost because you were thinking about this.



hmm... You are right Nuwangi. You helped me make up my mind. I'm going to tell Ashen that I am not going to send him such a photo of me! That I don't like it.

that's good... now lets go to our music class.

Sexting:

is when children and young people send sexually explicit messages and post compromising photos of themselves online or share them with friends using mobile technologies.

Take control

- Don't take photos that can embarrass you in public
- Don't share others' personal images
- Don't pressure people to share revealing images
- Talk to a parent or responsible adult if needed
- Sharing indecent pictures of others is an offence and is punishable by law.



Responding to sexting

- Block or unfriend the person
- Report their behavior
- Don't give in to pressure
- Talk to a parent or responsible adult if needed

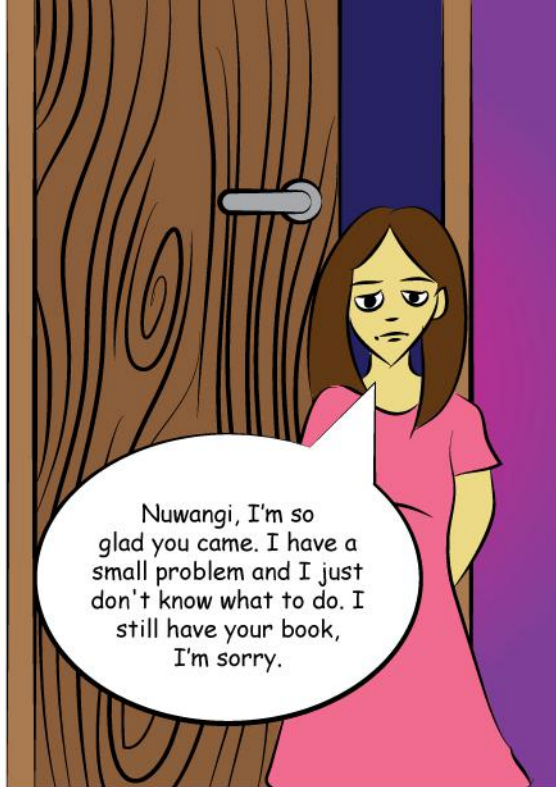
Think before posting

- Could this impact my future negatively?
- What does this say about me?
- Could this get me in trouble?
- Would the grown-ups in my life approve of this?
- Can it hurt anyone?





Thilini, you don't look too well, what's wrong?



Nuwangi, I'm so glad you came. I have a small problem and I just don't know what to do. I still have your book, I'm sorry.



Ah that's ok... I'll take the book when I'm leaving. You are a good friend of mine Thilini, tell me what happened?



I have stopped commenting or posting things up on Facebook, Nuwangi. I wonder if you can remember, a few months ago Krishani and I had an argument at school and she stopped talking to me.

I thought that we will get over it but she just kept ignoring me at school. Then a few months ago she started messaging me through my Facebook page.



Oh ok... what did she say?

First it was nasty allegations, but slowly the things she started to write got worse. She said that my character was not good, and that she knew all about my past.

hmm... what does she mean by that? Didn't you tell her to stop?



I don't know what she is talking about... She sends Facebook messages everyday now and I feel sick reading those messages. I am scared to even open my Facebook page. I can't sleep, eat or study... I feel trapped.

Yes, Nuwangi. Last week she wrote on my Facebook page, ""You are a big liar and bad person, and I know all about you, and I am going to tell everyone about you". Now I feel that I can't face anyone Nuwangi.



oh no, you seem to be very upset by what Krishani is doing.



I don't know what our friends must be thinking about me. I feel like they are all ignoring me. I don't feel like going to school. Why is Krishani doing this to me?



Thilini, what Krishani is doing is wrong! However you have to be calm to solve problems. You must be smart and strong.



Yes... but what should I do?



Well if a stranger was bullying you online I would suggest that you talk to a trusted adult first.



But
you know Krishani from
school, so you can talk to her
and tell her to stop this.



However
if she continues then we need to
tell a trusted grown-up. I will support you,
and I'm sure our friends will also
support you.



Thanks for believing in me
Nuwangi!! You are right. I
will talk to Krishani. You
are a good friend!



Cyber bullying

Cyberbullying is using digital technologies for repeated behavior that causes intentional harm to others.

Protect yourself from cyber bullying

- Do not share anything that could hurt or embarrass anyone online.
- Keep your passwords private.
- Use privacy settings wisely.
- Don't add unknown people to friend lists.
- Don't distribute other's information
- Let your parents know what you are doing online.
- Remember! Treat others with the same respect that you deserve!

What to do if you are bullied online

- Don't respond or retaliate.
- Take a break from the technology.
- Report their behavior.
- Block and delete the bully.
- Start new e-mail accounts or get a new phone number
- Report to the Internet Service Provider (ISP).
- Save all information, such as emails, chat logs or SMS's.
- Do not alter the electronic communications.
- Talk to a trusted grown-up about the problem.



Ok. Well we started as Facebook friends. He saw my picture and sent me a friend request. I didn't know him but his picture looked good so I accepted his friend request. Every day I came home after school and we chatted for hours on Facebook. In a few months I felt that I was very close to him.




Oh Sachi... You know that we should not be talking to strangers online. Anyway go on...

Whenever my parents scolded me for something and I was upset, he listened to me, I felt that he was the only one who understood me.




He was so kind! Once when I didn't have some school notes, he got the notes and e-mailed me.






Although I had never met him, I felt that I had known him for a long time. I felt that we knew about each other's lives.



He asked me about my family, where I lived and about my school. I didn't think twice about telling him.



He knows everything about me Nuwangi. He even knew that I had classes today.

Hmm...
Sachi, it looks like he has all your personal information, without you even realising it. You know that we shouldn't be sharing our personal information with strangers.



Yes, you are right Nuwangi. Then a few weeks ago he asked me if I wanted to meet him alone. . . I was not comfortable so I said no...

Oh that's good! You should never go to meet strangers that you meet online.



Yes. I was very surprised to see him today. He asked me to get into the car and said that he would drop me home. But I didn't want get in because it just didn't feel right.



I only saw him today. I suddenly realized that I didn't know anything about this man! That thought scared me! And when I said "no" he got angry and threatened me and tried to force me into the car. That's when you came! I'm scared Nuwangi, what do I do now?

Hmm Sachi, I think you were very brave for listening to your instincts and not getting into the car. However he has all your personal information. So I think we need to talk to a trusted grown-up about this.



Yes, that's a good idea. Today I realized that he was not genuine. He had been pretending all this time. Thanks so much for listening to me and advising me.



You are welcome Sachi. Come home with me, my mother said she was going to make halapa today. Lets eat some halapa and go to your place with my mother. Lets tell your mother about what has happened.

That's a good idea. My parents love me, so they will forgive me. Lets go.

Grooming

Some adults want to have sex with children and young people. 'Grooming' is the way in which they try to build a relationship with a young person to get them to think that it's ok to have sex with them. Grooming is also how they make young people feel like the abuse is their fault. It is never their fault.

Groomers may try to

- Make flattering remarks
- Send fancy gifts
- Discuss adult subjects and images
- Distance you from family
- Distance you from friends
- Share or ask for revealing images
- Remember! It's not your fault. Get help!

- Block or unfriend the person
- Report their behavior
- Don't engage with them
- Never meet them
- Talk to a parent or responsible adult

Responding to grooming

- Be careful who you trust online and remember that some online 'friends' are really strangers.
- Think before sharing any information.
- Keep your personal information private
- Never share your location.
- Do not hesitate to block people you do not want to chat to.
- Think before you answer private messages.
- Use a nickname (but not one that will attract the wrong type of attention).
- Take action if you think your friends are at risk.
- Learn how to keep/save a copy of the conversation in chat
- Never meet in real life anyone you have only met online.
- Report people breaking the rules to the chatroom provider.

Tips for safe chat

10B Class room

Vishva, can you please tell me your answer to the question?



I couldn't write the answer miss...



Vishva, what's the matter? Please meet me after class.



Look Nuwangi... I forgot to do the homework today also.

Hmm... you normally do so well, what's going on?



No,
nothing is bothering
me... however the last few
months I have been playing a
computer game through the
internet with a few friends.



a multiplayer
online game?



Yes!
It's about a band of
robbers. We are the robbers
and we have to steal and kill
anyone who stands in our way.



Ammo! That
sounds like a very
violent game! Can you even
sleep after playing a
violent game like that?



Yes,
it is rather violent....
After school I am impatient
to get home to start
playing the game.



I rush
through my homework so
I can quickly start playing my
game.



When
my mother asks me to
stop playing the game, I feel
so angry with her. I play for
about 3 to 4 hours a day.



Sometimes I play late
into the night. Even when I
am not playing the game I can't
relax, I keep thinking about
the game.



Some-
times I wake up in the morning
with a bad headache and I feel very
tired. I don't feel like going to school. Even
if I get to school I can't concentrate on
what the teacher is saying....!



Sounds like you might be
spending too much time on an
internet game. The game is
having a negative impact on
your life.




Yes,
I realize the
negative impacts of
playing, but I can't stop
playing it.




Even
when Ruwan calls me
to play cricket I don't feel
like playing. Now they don't even
ask me. When my sister comes
into my room for a chat I
chase her off as well.






Looks like your internet gaming has hurt all the relationships in your life.



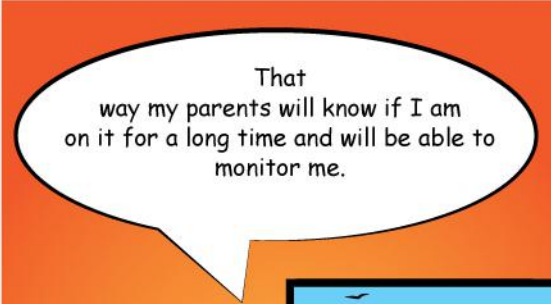
That's not good Vishva, you need to spend time with your friends, engage in sports and focus on your studies! Isn't that right?




Yes Nuwangi... without even knowing it I have got addicted to a game. I need to do something about it.




why don't you start by limiting the time that you play the online game? Won't that be a good start?



That way my parents will know if I am on it for a long time and will be able to monitor me.



Yes, that's a good idea. Also it might help if I keep my computer in the hall rather than in my room.



That's good... there look, Ruwan and our friends are going off to play cricket.... Lets join them!

Online gaming:

Online games are played mainly through the internet or another computer network. This in itself is not a problem but if you play online games compulsively, for many hours per day and exclude interactions with your family and friends, this could be harmful to you.

Think...

- Don't share any private information with strangers that you meet on chat room game forums.
- Make sure that you play online games only after you have completed your homework and your other responsibilities to the best of your ability.
- Make sure that you play games that are suitable for your age category.
- Limit the number of hours you play.
- Make sure that you spend time doing things with real people.
- Keep computers and consoles in an open space or family space.
- If another player is making you feel uncomfortable, tell a trusted adult
- Learn how to block and/or report another player if they are making you uncomfortable

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