Safer Internet Day 2025

Resource Pack

For Staff and Volunteers to support Young People

Go
Safely

How To Be A Good Digital Citizen

Digital citizenship means being kind, safe, and responsible online - just like being a good friend in the digital world! It's about making good choices, protecting your personal information, and treating others well in games, chats, or videos.

Be Kind Online
Treat everyone online with the same respect you would like to be treated with.

Be Careful Sharing
Keep your personal information, like your home or school address, private.

Be Open Minded
Not everyone online will have the same opinion as you and that's okay!

Be Curious
Question what you see and explore in a positive safe way.

Be Unique
Every digital citizen is on their own path exploring in their own way.

Be Safe
Think before you click and talk to a trusted adult if something online feels wrong.

Be Creative
Use the internet to discover and grow your talents.

Digital Wellbeing Moving Debate

In-Person Facilitation

- Place the Agree and Disagree signs at opposite ends of the room and the Unsure sign in the middle.
- Read each statement aloud and ask participants to move to the sign that best reflects their belief.
- State that participants will be asked to explain why they have selected their response.
- As they listen to others thoughts and opinions, and their own opinion is formed, they can move accordingly.
- Encourage discussion and respectful debate throughout the activity.

Online Facilitation

- If facilitating online, create a free account at www.mentimeter.com.
- Share a code for participants to join the activity via phone or other device.
- Log in to Mentimeter to copy the template to your account: http://bit.ly/40F48es

Moving Debate Questions

- **Having lots of followers that you've never met in person is safe?**

- **Posting photos of my friends without asking them first is completely fine?**

- **Being 'viral' on the internet a good thing?**

Digital Wellbeing Moving Debate Notes

Statement 1: Having lots of followers that you've never met in person is safe.

The more people that have access to your personal information, the higher the chance that your personal information will be used for the wrong reasons or for malicious purposes. Controlling your information means ensuring that you have few followers, they are people that you really know and trust. Even then, your personal information is never fully secure.

Statement 2: Posting photos of my friends without asking them first is completely fine.

Although this might be a normal practice among friends, this is not right. You must obtain consent before posting photos of your friends online. If they ask you to remove the photos, you should respect their wishes. Likewise, if they post a photo of you online, you can ask for this to be removed without any reasoning. You are also exposing their personal information to your followers, taking their control of their personal information out of their hands.

Statement 3: Being 'viral' on the internet is a good thing.

Going viral means sharing something online that spreads quickly to millions of people. Being viral online is a form of fame, meaning more people know personal information about you. In some cases, home addresses have been leaked and shared with others online for malicious purposes. Viral fame can come and go in a flash, but your personal information will still remain online.

AGREE

DISAGREE

UNSURE

Influencers: Be Aware

Supporting Safer Internet Day 2025

Influencers create content online promoting lifestyles and hobbies like gaming, fashion and fitness. However not all influencers promote positive messages. They often have large followings and can influence opinions, trends and behaviours by sharing their experiences or sponsored content on social media. Their posts often show an edited or polished version of reality.

This Safer Internet Day, think critically about what you see online. Try to follow Influencers that inspire positivity.

Ask yourself these when watching influencers online:

- What type of content does the influencer post?
- Is the content age appropriate?
- Is there branding and advertising?
- Does the influencer clearly label posts as sponsored or an ad?
- Is there a risk of misinformation or disinformation?
- Are photos clearly labelled as being altered with AI?
- Is there a risk of negative body image or discrimination posts being displayed?

Digital Dictionary Quiz

1. What is online exclusion?

_____

2. _____ is a social engineering attack used to steal passwords & information by tricking someone into opening an email or message.
a) Phishing
b) Scamming
c) Trolling

3. What is the difference between misinformation & disinformation?

_____

4. What is Doxing?
a) Dishonest ways of making money
b) The stealing of passwords and private information
c) The action of publishing private identifiable information about someone on the internet without their permission.

5. What should you do if someone asks for your personal information online?
a) Give it to them if they seem nice
b) Ignore the request and tell a trusted adult
c) Share it because it might be important

6. What is Catfishing?

_____

7. What does Trolling mean?

_____

8. Where can I get advice on online safety?

_____

Digital Dictionary Quiz Answers
For Staff and Volunteers

1. Online exclusion is keeping someone out of a digital space, activity, or community, either intentionally or unintentionally.

2. Phishing (a) is a social engineering attack used to steal passwords & information by tricking someone into opening an email or message.

3. Misinformation is when people share wrong information without meaning to.

Disinformation is when people spread lies on purpose to trick others.

4. Doxing (c) is when someone online finds and shares private information about a person, like their home address or phone number, without their permission.

5. What should you do if someone asks for your personal information online?
b) Ignore the request and tell a trusted adult

6. Catfishing is when someone creates a fake identity online to trick or deceive others, often for attention, money, or other benefits. The person may pretend to be someone else, like a different age, gender, or background.

7. Trolling is when someone purposely says mean things online to upset people or start fights.

8. Where can I get advice on online safety?
Parents, Teachers, Youth Workers, Foróige www.foroige.ie,
Childline: www.childline.ie, Hotline: www.hotline.ie

Algorithms and Feed Control

The more we use social media platforms like TikTok, the more these platforms learn about us and also the more they make assumptions on what we like to see on our feed. This can lead to content that's not relevant, sometimes biassed and can create a filter bubble showing only one perspective. We are at risk of having our feed controlled by algorithms.

In order for us to better understand and control the apps to our needs, here are some step by steps to help make your feed a more positive space that reflects your interests.

**Check out the tips below to clean up and personalise
your 'For You' and Feeds:**

Instagram: Click the three-dot menu on suggested posts and choose the 'Not Interested' option.

Snapchat: Press and hold the post and choose 'Hide Post'.

TikTok: On your 'For You' feed click the three dots menu and choose 'Interested'or 'Not Interested'.

🔗 **Learn more about our digital youth work programmes here**