

5 RULES TO SAFELY BENEFIT FROM THE INTERNET

1 T-SHIRT RULE

Care for your **PRIVACY** ONLINE: Do not post anything online that you would **not wear on your T-shirt.**



2 FIND YOUR CHATBUDI

Choose a trusted adult (teacher, parent, coach, counsellor) to talk to about all the fun stuff you do online and about anything that is worrying you.



3 5 TO 1 RULE

Think about how you use your time! You should spend **5 hours offline for every 1 hour online.**



5:1



4 REAL ≠ VIRTUAL FRIENDS

Keep in mind that: a) if you have not met someone in real life you should **be careful what you share**; b) People can pretend to be someone else on the internet - this is called **catfishing**; c) You cannot **trust** who someone is if you only know them from the internet; d) If you feel uncomfortable or concerned about a message you receive online always **TAKE ACTION! Talk to your CHATBUDI.**



5 CYBERBULLYING → STOP - BLOCK - TELL

If someone is bothering you online (like bullying you) or if you witness someone else being bothered (or bullied) you immediately must: **STOP** talking to the aggressors - **BLOCK** them - **TELL** your CHATBUDI



ZEEKO STAFFROOM - WHAT IS INTERNET SAFETY?

5 RULES TO TEACH PUPILS TO SAFELY BENEFIT FROM THE INTERNET

1 PRIVACY → T-SHIRT RULE

Pupils should take care of their privacy online. Teach them the T-shirt rule: They should not post anything online that they would **not wear on their T-shirt**.



2 ACTIVE MEDIATION → CHATBUDI

Active mediation means adults: a) engaging with children on **conversations** about what they do online; b) fostering **co-use**, e.g. sitting in front of a computer together or sharing a tablet to do online activities together; c) **dedicating time** to explain the pros and cons of the internet. Research shows that active mediation triggers children's **critical thinking skills** and fosters adult-child communication.



3 ACTIVE MEDIATION → 5 TO 1 RULE

The American Academy of Paediatrics (AAP) recommends **balanced screen time**. Teach your pupils the 5:1 rule: 5 hours spent offline for every 1 hour of time spent online. Explore with them exciting and fun activities to do online AND offline. See: www.safesearchkids.com.



5:1



4 STRANGER DANGER & CATFISHING → REAL VS VIRTUAL FRIENDS

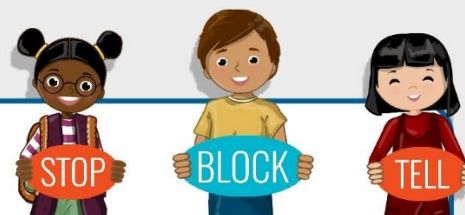
Children like to talk to people online, this happens through online games, social media and apps. They might be at risk by engaging in dangerous conversations with strangers and agreeing to meet them in person. Talk to them a) about **catfishing**, when someone pretends to be someone else online; b) to **tell** them they cannot trust someone if they **ONLY** met them on the Internet; c) to **encourage** them to take action (e.g. talking to you, their parents) if they feel uncomfortable or concerned.



5 CYBERBULLYING → STOP - BLOCK - TELL

Zeeko research found that **18% of 6th class children** ^{*} self-report being **cyberbullied** (e.g., experience of online aggressions). **Engage** with pupils in conversations about cyberbullying, online aggressors and bystanders.

Tell them they should immediately: **STOP** talking to aggressors, **BLOCK** them, **TELL** an adult (you, parents, coach, counsellor). Watch Zeeko's videos for tips on this: <https://zeeko.ie/videogallery/>.



* Everri M, Kirsty P, 2018, Children's Online behaviours in Irish Primary and Secondary Schools

