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9 LESSONS



# Digital Discoverers: Young Explorers Navigating The Internet

A project to empower  
children on internet safety



Written By Chrissy Sykes  
My Body is My Body Programme  
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Chrissy Sykes  
Founder of the  
My Body Is My Body Programme

# Understanding The Internet: What it is and how it works

Hi everyone!

Welcome to our exciting journey into the amazing world of the Internet!

This little adventure is specially created for young digital explorers like you — and we're going to discover what the Internet really is, how it works, and why it's such a big part of our lives.

By the end, you'll have your very own digital toolkit — ready to explore the Internet safely, smartly, and with confidence. You'll learn how to spot safe paths, avoid online dangers, and become a responsible digital citizen.

I hope you have as much fun teaching this as I have had writing and animating it.

*Chrissy Sykes*





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# Digital Discoverers: Young Explorers Navigating The Internet

## What is the internet?



# Lesson 1



# What Is The Internet?

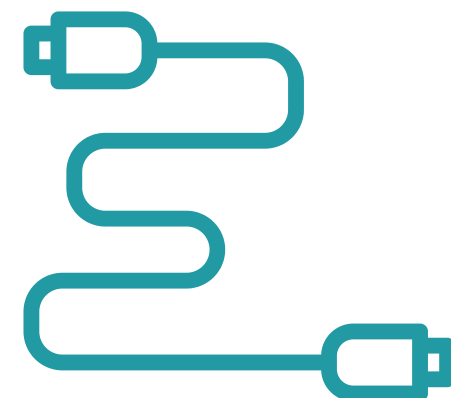


Welcome, explorers, let's start your amazing journey through the digital universe!,

This first lesson, "Understanding the Internet: What it is and how it works", is your launchpad into a world full of information, fun, and possibilities.

You're about to learn what the Internet is, how it works like a giant network connecting people and computers all around the world, and the important parts that make it all happen.

By the end of this lesson, you'll transform from an Internet newbie to an Internet Whiz Kid!





# How To Access The Internet

The Internet is a special place full of information and adventures. To explore this incredible world, we need special devices like computers, tablets, or phones. These devices take us on a journey through the digital universe.



Phone



Tablet



Computer

# How The Internet Works

Now, let's see how your message travels from your device which is a computer, tablet or phone to your friend's device. When you type a message, your device sends it on a special path called the Internet. The Internet is lots of really big computers joined together all over the world that help us to share information, messages, pictures and videos.

# The Journey Of Your Message



## The Server

As your message sets off, it stops at a powerful place called a server.

A server is like a really big library that holds lots of information, and it's always ready to share what you need. The server quickly sends your message on it's journey to your friend's computer.



## The Firewall

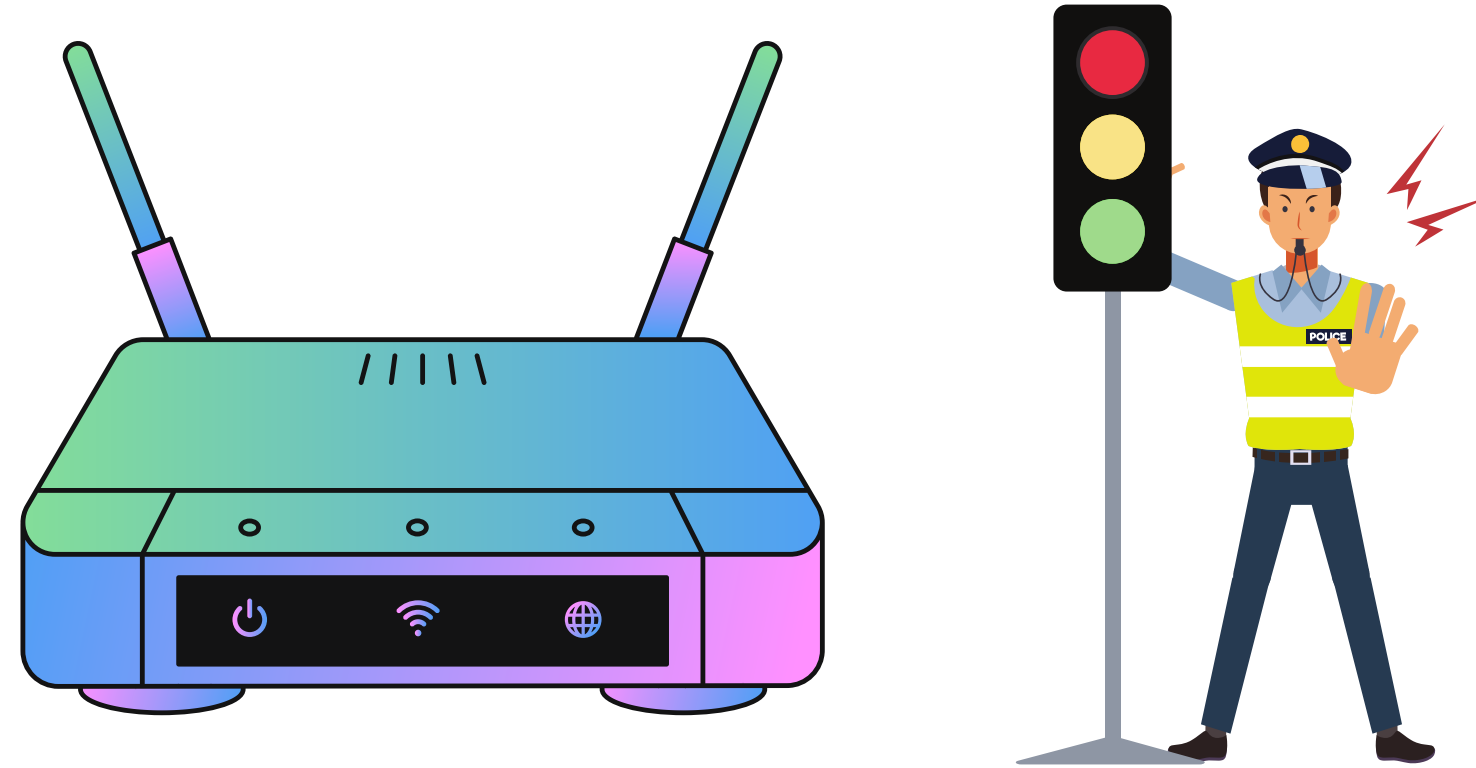
On it's journey, there's something keeping your friend's device safe, and that's the firewall!

The firewall is like a superhero protector that keeps out unwanted and harmful messages. It also keeps devices safe while you're exploring the Internet!





# The Journey Of Your Message



## The Router

But before your message reaches your friend's computer, it goes through something called a router.

A router is like a super-smart traffic officer, making sure the messages go to the right places. It helps the information from the Internet flow to different devices.

And the same thing happens when your friend sends a message back to you. It goes through the **Server**, through the **Firewall** and through the **Router** safely back to your device, all in a couple of seconds.

Isn't that fantastic !!

# Cyber Route Map

## Server

When you send an email, it goes to the server, and the server knows how to send it across the Internet to your friend's computer. Without the server, the email wouldn't know where to go or how to get there!



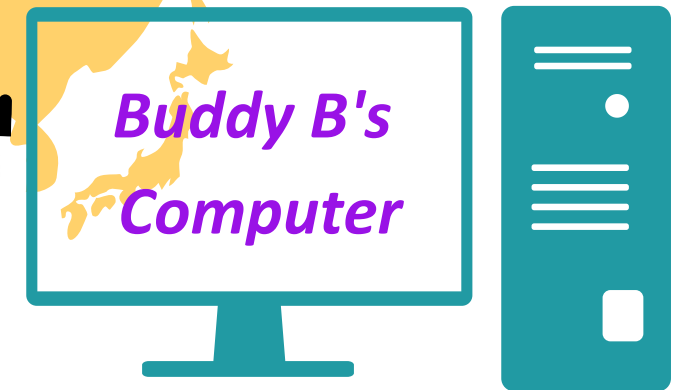
## Router

A router is like a super-smart traffic officer. It helps all the information on the Internet find the right way to get to its destination



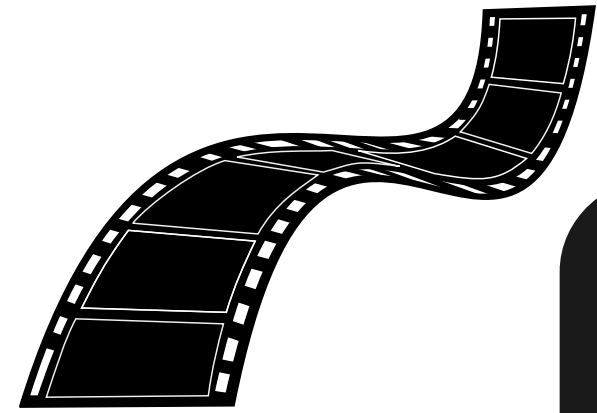
## Firewall

A firewall is like the protector of your computer to keep it safe from unwanted and harmful messages, It keeps your computer safe while you're exploring the world of the Internet!



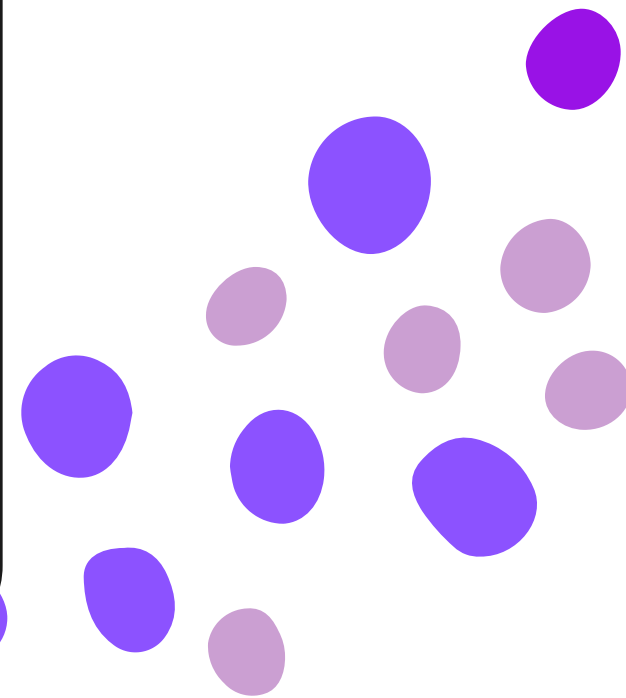


# Understanding the Internet: What it is and how it works



I am sure you know that the Internet can be used for many things.

- **Game Time** - Dive into a sea of cool games that are not just fun, but also super brain-boosting!
- **Movie Magic** - Watch your favourite videos and shows and find new ones to watch
- **Chatty Chums** - Enjoy chit-chat with your buddies online, sharing all your awesome adventures and stories!
- **Learn & Grow** - Discover incredible new things each day, and become the smartest superhero in your group!
- **Artsy Arena** - Unleash your inner artist! Doodle, sketch, paint or even create your own animations - let your imagination soar!





PUT A TICK NEXT TO THE CORRECT ANSWERS



### What is the Internet like?

- a) A quiet library.
- b) A big network of computers all around the world that are connected.
- c) A big playground where we can only watch movies.

### What helps your device, like a computer or smartphone, to explore the Internet?

- a) A paper map.
- b) A magnifying glass.
- c) A web browser.

### What does a server do on the Internet?

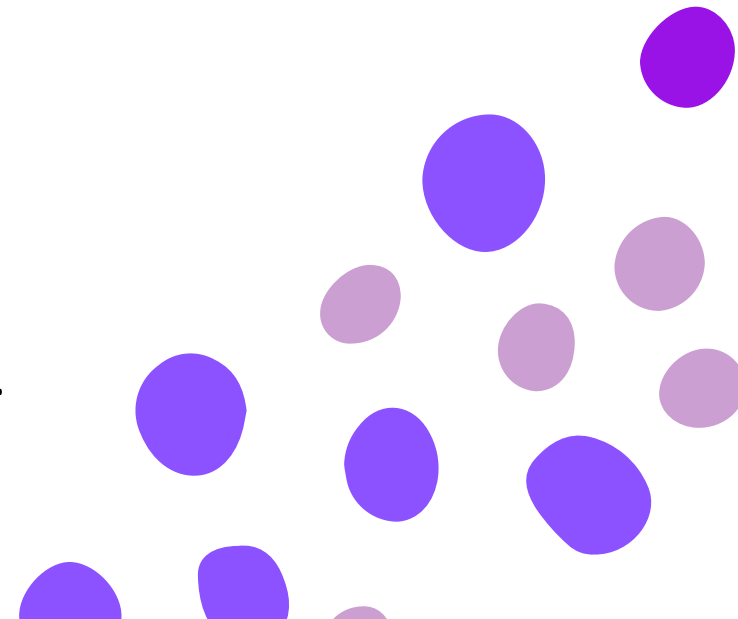
- a) It's like a really big library that holds lots of information and shares it when asked.
- b) It plays online games.
- c) It sleeps all day.

### What is the role of a router?

- a) It cooks dinner.
- b) It's like a traffic director for the Internet, making sure information goes to the right places.
- c) It only plays music.

### What can you do on a computer?

- a) Swim in a pool.
- b) Climb a tree.
- c) Play games, write stories, watch videos, and learn new things.





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# Digital Discoverers: Young Explorers Navigating the Internet

## Navigating the internet



# Lesson 2



# Welcome to our second adventure, explorers!

Now that we know what the internet is and how it works, it's time to learn how we can explore it. We are going to learn about web browsers, search engines, and website addresses. So buckle up, because we're about to zoom off into the vast world of the internet!

## Web Browsers: Our Internet Spaceships

Just like you use a compass to find your way in a jungle, in a web browser, you can type in the address of a website into the address bar, and it will guide you there on your screen. Some of the popular browsers you might have heard about are

Google Chrome, Safari, Mozilla Firefox, and Microsoft Edge

They all work in pretty much the same way, like different brands of spaceships, that can take us into space... our web browsers take us to **different websites!**



Mozilla  
Firefox



Google  
Chrome



Microsoft  
Edge



Safari





When you open up your web browser - that might be [Chrome, Safari, Firefox, Google or any other browser](#), you will see a long white box at the top of the screen. This box is very special, it's called the address bar, or sometimes the URL bar.

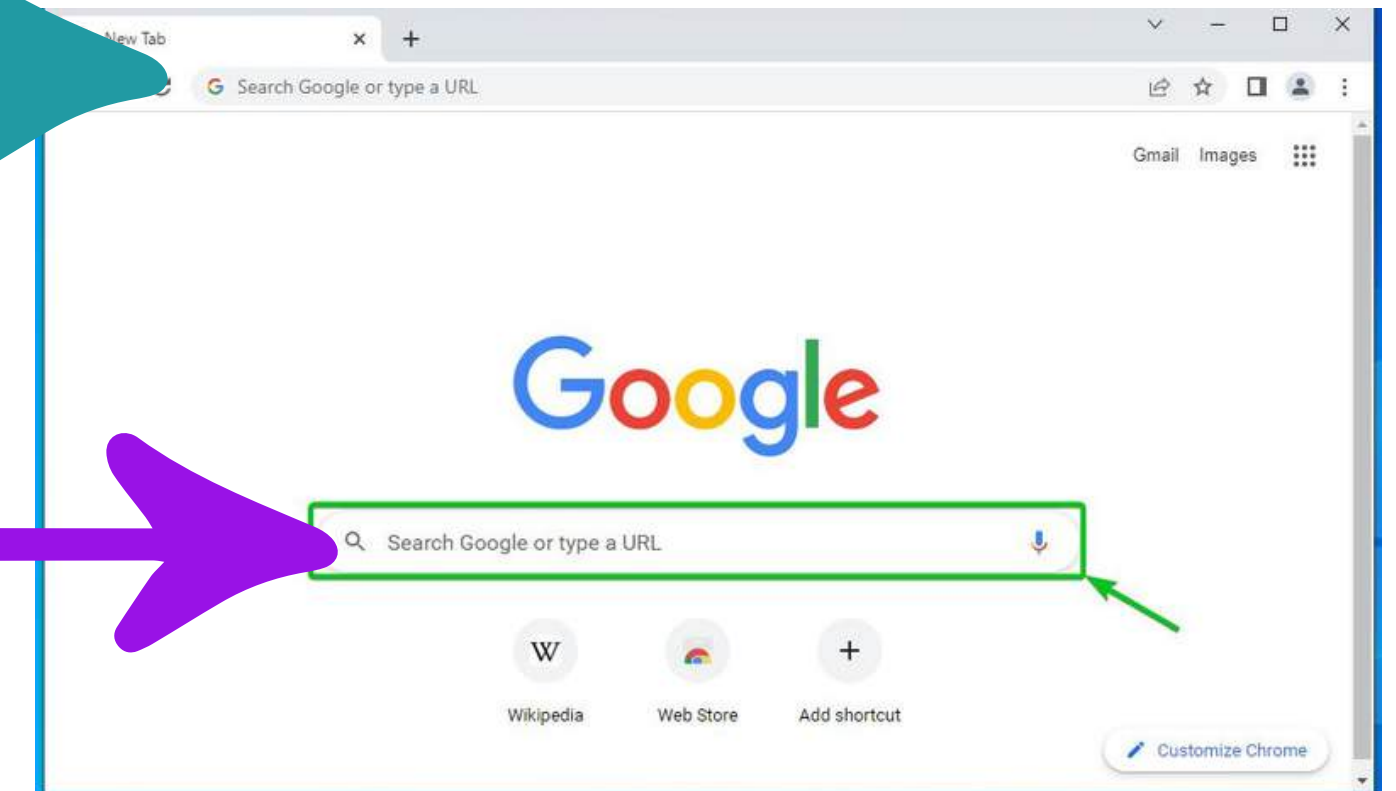
You use this bar to tell the browser where you want to go on the Internet. If you know the web address (or URL) of the site you want to visit, you can type it right into this bar. For example, if you wanted to visit a fun educational website, you would click on the address bar, type in [www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com) and press the 'Enter' key on your keyboard.

Remember, the address bar is not for searching things like "funny cat videos" or "how to make slime".  
For those, you'd use the search bar (see our picture below)  
Keep exploring, you're doing great!

The "[Address Bar](#)", or the URL bar  
Use this if you know the URL Address  
Like [www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)



The "[Search Box](#)" is for searching the Internet  
to find different websites or answers to your  
questions "best children's games", or  
"how do I make paper airplanes"



# What Is A URL?

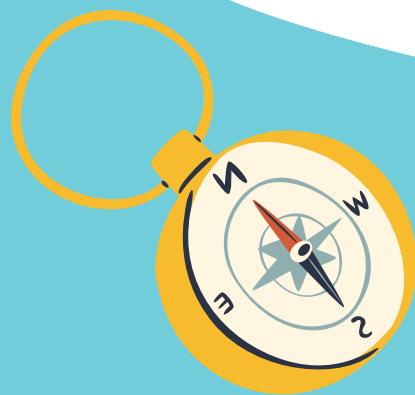
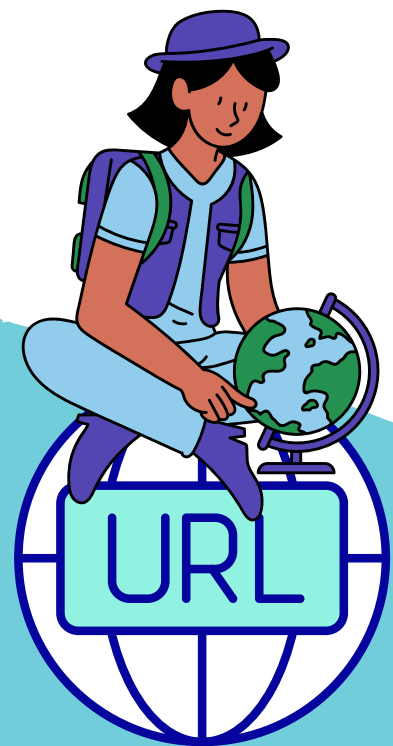
Every website has a special address, just like your home has an address, but it is a Website Address.

These are our **Internet Map Coordinates** to help us find websites on the Internet.

**This is called a URL (Uniform Resource Locator).**

When you type this address into your web browser and hit enter, it's like telling your spaceship where to go.

This is what a URL looks like  
**www.kidtopia.info**



# What Is A Search Engine

Sometimes, you might not know the exact address of a website. That's where the search engine, your friendly guide, comes to the rescue!

You can type in something you want to know about, like "what are the most popular dogs in the world".

The search engine will show you websites with the answers.

**Below are some safe Search Engines you can use:**

**Kidtopia**

[www.kidtopia.info](http://www.kidtopia.info)

**KidzSearch**

[www.kidzsearch.com](http://www.kidzsearch.com)



**KIDDLE**

[www.kiddle.co](http://www.kiddle.co)

# Activities



Now, let's do some exciting activities to understand what we've learned!

## Activity 1: Browser Blastoff!

In this activity, you're going to open a web browser like Google Chrome, Safari, Mozilla Firefox, Safari and Microsoft Edge and visit some websites.

**Get a parent or adult to help you.**

Try visiting these places:

[www.natgeokids.com](http://www.natgeokids.com) (To learn about animals)

[www.nasa.gov/kidsclub/](http://www.nasa.gov/kidsclub/) (To explore space)

[www.funbrain.com](http://www.funbrain.com) (For fun learning games)





# Activities

## Activity 2: Search Engine Treasure Hunt

Time for a treasure hunt!

Using a search engine [www.kidtopia.info](http://www.kidtopia.info), [www.kidzsearch.com](http://www.kidzsearch.com) or [www.kiddle.co](http://www.kiddle.co), can you find the answers to these questions?  
Remember, if you're not sure about a website, ask an adult for help!

- What is the tallest animal in the world?
- How far is the Moon from the Earth?
- Can you find a recipe for a delicious chocolate cake?

### URL Detective

Become a URL Detective! Look at the top of your web browser, and you'll see the website's address. Can you write down the URLs of three websites that you have visited today?

And that's the end of our second internet adventure, explorers! Remember to always be safe while navigating the internet and ask an adult if you're not sure about something. Are you ready for the next adventure?

**See you in the next lesson!**





PUT A TICK NEXT TO THE CORRECT ANSWERS



**What is a Web Browser?**

- a) A type of spaceship
- b) A tool to explore the internet
- c) A type of animal

**What is a search engine?**

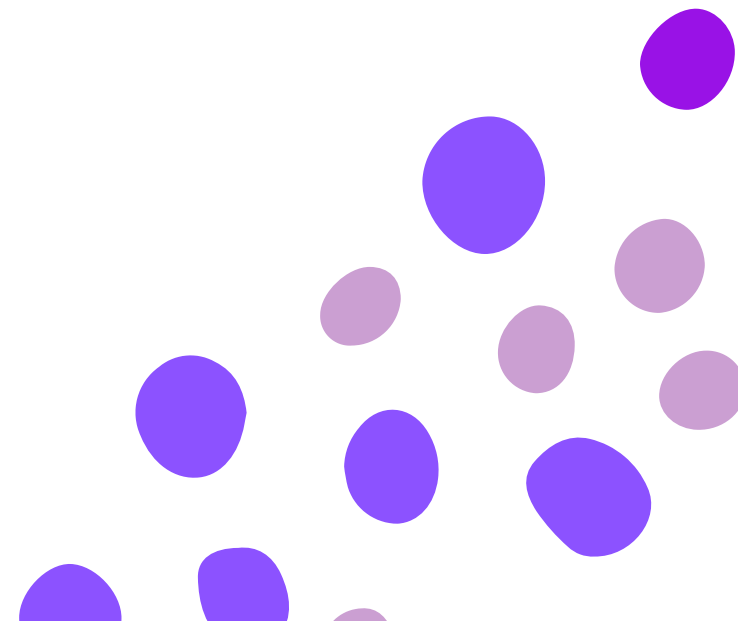
- a) A machine that drives the internet
- b) A tool to help find information on the internet
- c) A type of car

**What does URL stand for?**

- a) Ultra Real Locator
- b) Uniform Resource Locator
- c) United Rocket Launch

**If you want to visit a specific website, what should you type into the web browser?**

- a) The name of your best friend
- b) Your favorite food
- c) The URL of the website



# Digital Discoverers: Young Explorers Navigating the Internet

## Understanding websites

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# Lesson 3





# What Are Websites?

A website is like a special place on the internet. It's made up of different web pages that are connected together. Websites can have all sorts of things, like pictures, videos, games, stories, information, and even music!

Just like in the real world, websites have different purposes. Some are for learning, some for entertainment, and some for sharing ideas or selling things.



## Navigating a website:

Websites have menus or buttons to help us move around. These are like signposts that show us where to go. We can click on links or buttons to explore different pages on a website. It's like opening doors to new rooms full of exciting things. Sometimes, websites have a search bar where we can type in what we're looking for, just like asking a question to find what we want.

## Exploring website content:

Websites can be full of amazing content. We can find stories to read, pictures to look at, and videos to watch. Some websites have games we can play, quizzes to test our knowledge, or even interactive activities that make learning super fun.

**It's important to remember that not all websites are meant for children.  
Some websites might have content that is not suitable for your age.  
That's why it's always good to have an adult nearby to guide you.**

# Activity

Here are some fun child friendly websites to explore:

**PBS Kids ([www.pbskids.org](http://www.pbskids.org)):**

It provides a variety of fun, interactive games and activities that are based on popular PBS Kids shows.

The content is educationally sound and designed with input from child development experts.

**National Geographic Kids ([kids.nationalgeographic.com](http://kids.nationalgeographic.com)):**

It's a great place for kids to learn about geography, science, and the natural world.

It offers amazing facts, games, quizzes, and educational resources.

**CoolMath Games ([www.coolmathgames.com](http://www.coolmathgames.com)):**

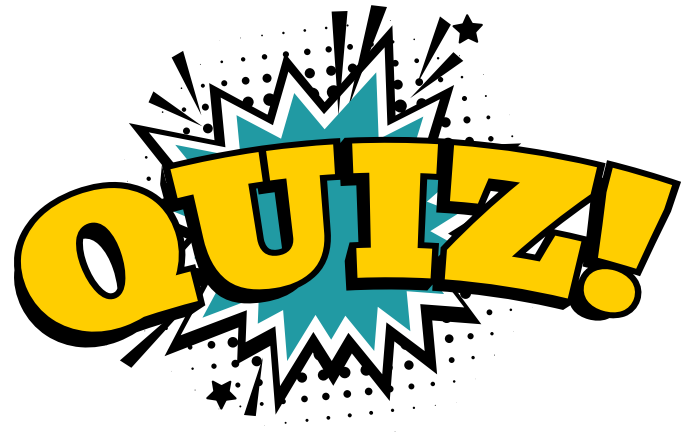
This site offers fun, math and thinking games and puzzles that lead to problem-solving skills.

The games are designed for children aged 12 and under. aged 12 and under.

**BBC Bitesize ([www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)):**

This is a great learning resource that covers a wide range of subjects and provides study guides, quizzes, and games.





3

PUT A TICK NEXT TO THE CORRECT ANSWERS



### What is a website?

- a) A special place on the internet where we can find information, pictures, and videos.
- b) A type of food that you can eat for breakfast.
- c) A game we play with a ball and a net.

### How can we navigate a website?

- a) By clicking on links or buttons to explore different pages.
- b) By taking a walk in the park.
- c) By listening to music on our headphones.

### What kind of content can we find on websites?

- a) Stories to read, pictures to look at, and videos to watch.
- b) Recipes for baking cookies.
- c) Instructions for building a rocket ship.

### How can we stay safe while exploring websites?

- a) By only visiting websites approved by our parents or teachers.
- b) By sharing personal information like our address and phone number.
- c) By clicking on every link we see on a website.





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# Digital Discoverers: Young Explorers Navigating The Internet

## Understanding internet safety and privacy



## Lesson 4



# Online Safety Basics

Today's adventure is an important one. We're going to learn about staying safe while we explore the internet. It's important to have fun, but we must also be careful. Are you ready?

## Why is internet safety so important

The internet is like an amusement park - it has cool videos, games, and places to learn new things, but also some places that aren't safe for children. So we stick to the fun, safe spots, and learn our safety rules.

## Online privacy

Online privacy is all about keeping personal information safe while we're exploring the internet.

Personal information is information that tells people who we are.

It can be your full name, home address, school name, or the city we live in.

It's really important to protect our personal information, because it helps keep us safe. When we share personal information with the right people, like our parents or teachers, they can help take care of us. But if we share our personal information with strangers or people we don't know, they might use it in the wrong way. They could pretend to be someone they're not or try to do things that could hurt us. So, it's like having a treasure that we keep safe and only share with people we trust.

By keeping our personal information private, we can stay safe.

**Remember: It's always best to check with a trusted adult before sharing any information online.**



# Rules To Keep Safe

To protect our personal information online, we should follow some important rules.

- We should never share our full name, address, phone number, or other personal details with people we don't know in real life.
- We need to be careful about the pictures we share and make sure they don't show people too much about ourselves. For example where we live, where we go to school.
- We should use strong and unique passwords for our online accounts and do not share them with anyone.
- Ask a grown-up before signing up to new websites or apps. Remember, our personal information is like a special key, and by keeping it safe, you can enjoy your time online while staying protected!

**By sticking to these rules we make sure our internet adventure stays safe and fun!**





# What Are Pop-Ups?

Pop-ups are like little windows that can suddenly appear when you're playing a game, reading a story, or looking at a website on the internet. They can show many different things, like ads for toys, a reminder to do something, or a box asking for your name.

Sometimes, pop-ups can be annoying because they show up when you don't want them to, just like a little brother or sister coming into your room when you're busy. But not all pop-ups are bad. Some are helpful and show you important things you need to know.

But remember, just like you shouldn't talk to strangers, you shouldn't click on a pop-up if you don't know what it is or it looks strange.  
Always ask a grown-up if you're not sure.

- Don't click on pop-up adverts that promise free things, as they can be tricks.
  - Stay on your game or the safe internet site that you are visiting.
  - Sometimes pop-ups can also make your computer ill by giving it a virus.

***Remember: Always check with a trusted adult if you are unsure if something is safe or not.***



***DO NOT CLICK  
ON A POP UP ADVERT***

# Activity

## The Share - Not Share Game

Get some pieces of paper and write the items from the lists below on each piece. Put all these pieces of paper in a container, like a jar. Then, take each piece of paper out one at a time and think: Is it okay to tell people this thing about me, or should I keep it private? This can help you learn what's safe to share and what's not.



### Safe to Share:

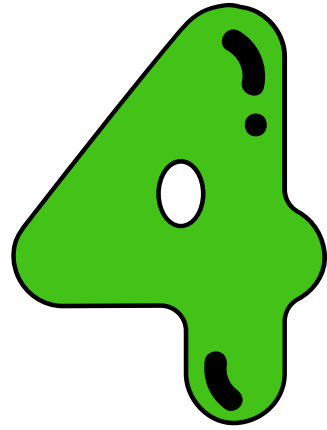
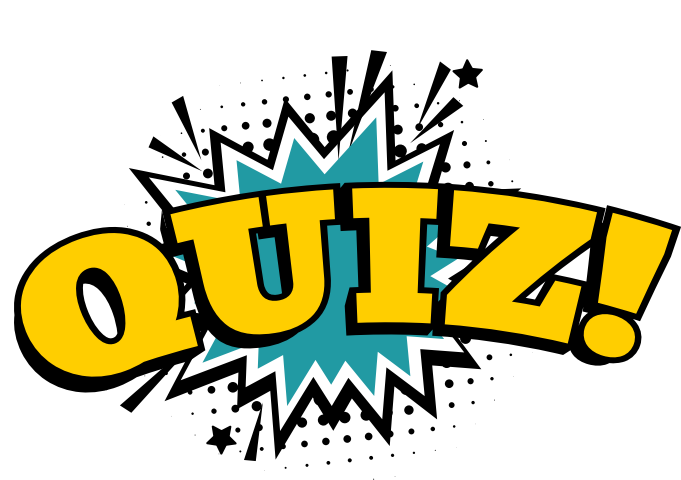
Favorite color  
Type of pet you have (but not its name)  
Favorite food  
Favorite book  
Favorite game  
Favorite superhero  
Favorite school subject  
Favorite sport  
Hobby or interest  
(like painting, dancing, playing football)  
Dream vacation destination



### Not Safe to Share:

Full name  
Home address  
Phone number, Email address  
School's name or location  
Passwords to any of your accounts  
Pictures of yourself or your family without parental permission  
Your location or where you're going  
Your parents' full names  
Any financial information, like your parents' credit card or bank details





PUT A TICK NEXT TO THE CORRECT ANSWERS



Remember, learning is not about getting all answers right but understanding what you didn't know before.

So, no matter how you do, be proud of yourself for learning something new today!

**What is personal information?**

- a) Your favourite colour.
- b) The name of your school.
- c) The name of your favourite movie.

**When is it okay to share your personal information online?**

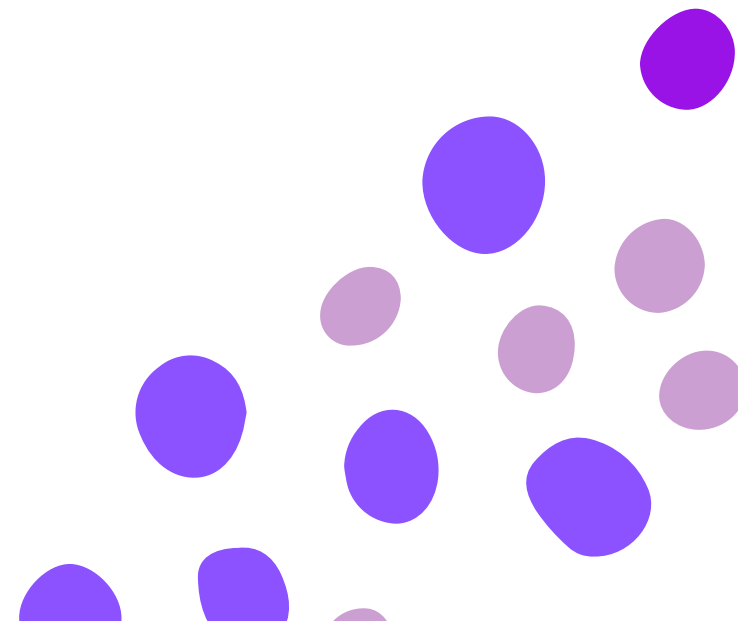
- a) When a website promises free games.
- b) When your best friend asks for it.
- c) When a trusted adult says that it's safe.

**What should you do if a pop-up advert promises something free?**

- a) Click on it quickly before it disappears.
- b) Tell your friends about it.
- c) Check with a trusted adult before clicking.

**Who should you share your password with?**

- a) Your best friend.
- b) No one except a parent or trusted adult.
- c) Everyone in your class.





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# Digital Discoverers: Young Explorers Navigating The Internet

## Exploring email and online communication



# Lesson 5



# Exploring Email And Communication Online

## Message apps

Have you heard of WhatsApp, Snapchat, or Messenger? These are messaging apps, like a faster version of email!

You can send messages, photos, videos, and even make calls to your friends and family.

But remember, just like with email, we need to be careful about what we send and share, and don't talk to people we do not know.



## Keeping our messages safe

When we chat online, it's important to keep our personal info safe. This includes our full name, where we live, and our school's name. We're Internet Explorers, not Internet Oversharers!

Also, on some apps like Snapchat, messages and pictures can disappear after they've been seen, but it's still important to only send things you would be okay with everyone seeing.

Some people can take a screenshot and save the picture before it disappears!

## What is a screenshot?

A screenshot is a picture that you can take of what's showing on your computer, tablet, or phone screen at a particular moment. It's like using a camera to take a photo of your screen.

For example, if you're playing a game and you reach a really high score, you might take a screenshot to show your friends.

Or, if there's a funny picture or a message on a website that you want to remember, you can take a screenshot of it.

After you take a screenshot, you can usually find it in your device's photos or gallery if you want to look at it, send it to someone, or even print it out.

# Exploring Email and Communication Online

Hello again, super explorers! Today we're going to journey into the world of emails and online chatting! Are you ready? Let's go!

## Email express

An email is an electronic message that allows you to send messages instantly across the world through the Internet!

You type the email address of the person you're sending the message to, write what you want to say, and then hit the send button. Your message can go all around the world in just a few seconds or to your friend down the street!

You can also get emails from other people in your own special mailbox on the internet, which is called an email inbox. Just like you can get letters and packages in the mail at home, you can get emails from your friends, family, and teachers.

## Please remember...

Don't open emails from people you don't know, because they might not be safe.  
Always ask a grown-up if you're unsure about an email.





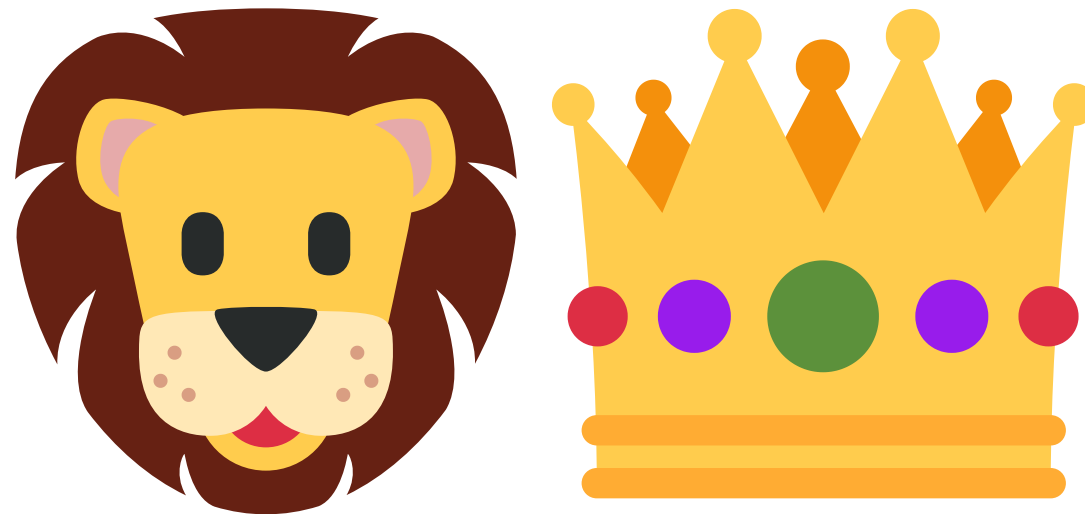
# Activity

Use an online messaging app like WhatsApp or email (with supervision) to send a story to a friend or family member using only emojis. Then, ask them to send an emoji story back. Have fun trying to figure out each other's stories!

Here are some suggestions to help you:



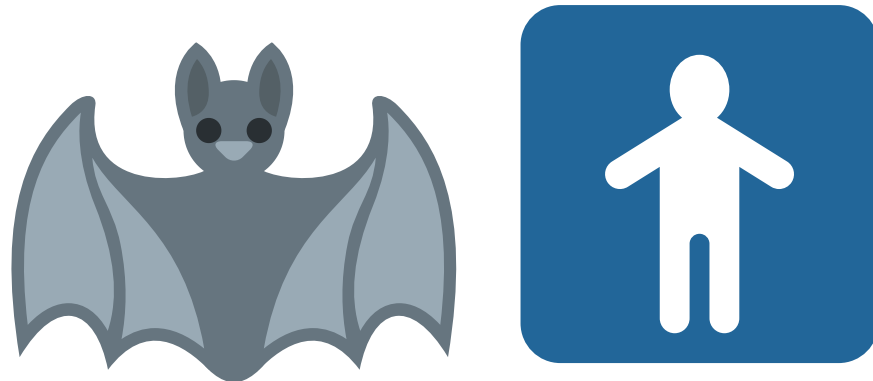
**Finding Nemo**



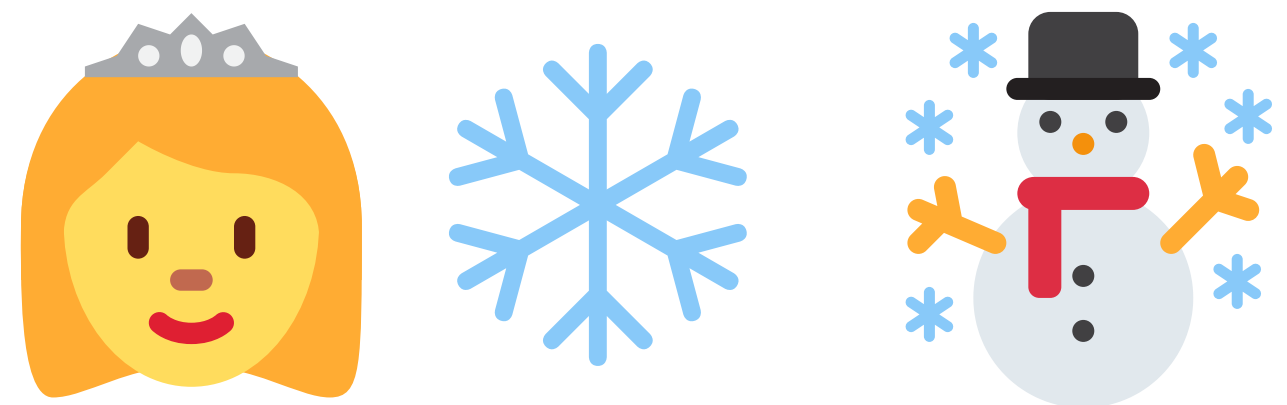
**Lion King**



**Sleeping Beauty**



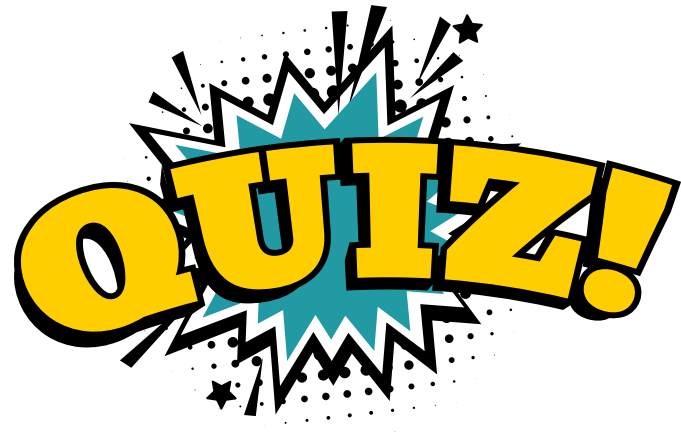
**Bat Man**



**Frozen**

Remember, always make sure to have a parent or guardian nearby when you're doing online activities.

Let's finish up with a fun quiz to test what you've learned!



5

PUT A TICK NEXT TO THE CORRECT ANSWERS



**What is an email?**

- a) A type of sandwich
- b) A way to send messages over the internet
- c) A new dance move

**What can we send in an email?**

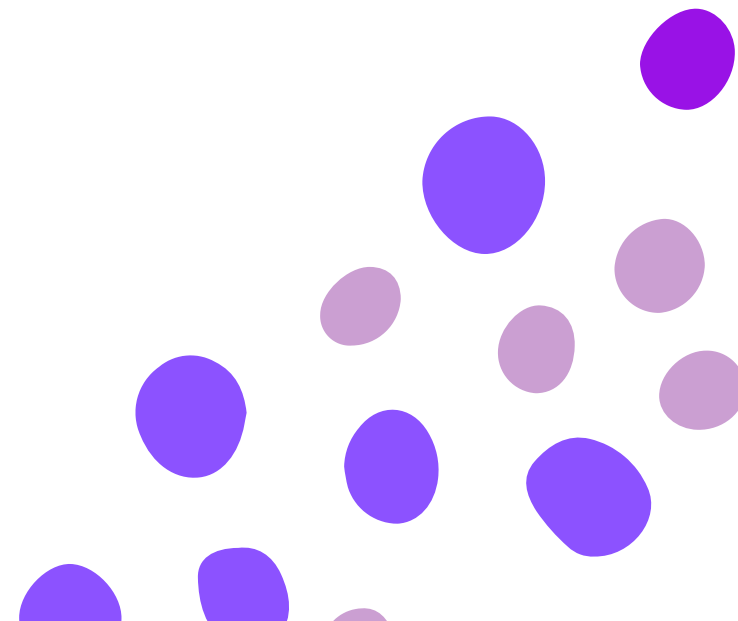
- a) Only words
- b) Words, pictures, videos and emojis
- c) Our favorite toy

**What do you write in the "To:" field when sending an email?**

- a) Your favorite color
- b) The email address of the person you are sending to
- c) A funny joke

**If you see something online that makes you feel uncomfortable, what should you do?**

- a) Ignore it and hope it goes away
- b) Tell a trusted adult
- c) Try to deal with it on your own



# Digital Discoverers: Young Explorers Navigating the Internet

## Strong passwords

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# Lesson 6





# Creating A Strong Password

Do you know that when you make a password, it's like creating a secret code that only you should know?  
It's like your superhero name that you don't want the villains to find out!

Here are some ways to create a super-strong secret code or password:

## Longer is stronger:

Your password should be like a special sentence, not just a single word. Try to make it at least 12 characters long. That's like a line from your favorite song or a funny joke!

## Mix it up:

Make sure to mix things up. Use uppercase letters (like A, B, C), lowercase letters (like a, b, c), numbers (like 1, 2, 3), and even symbols (like \*, &, #)!

## No personal info:

Don't use your name, birth date, or other personal information.  
It's like giving a villain clues about you. We don't want that!

## Keep it safe:

Finally, keep your password safe. Don't tell anyone, not even your best friend!  
Your password is like your superhero identity, and it's safest if only you know it.  
Remember, a strong password is like having a superpower.  
It helps protect you and your information from the bad guys!



# Remembering Your Passwords

Here are some safe ways to remember your passwords:

## Create a password pattern:

Think about something you like or something that's special to you, like your favourite animal, a color you love, or a fun shape.

Then, combine that with a number or a special word.

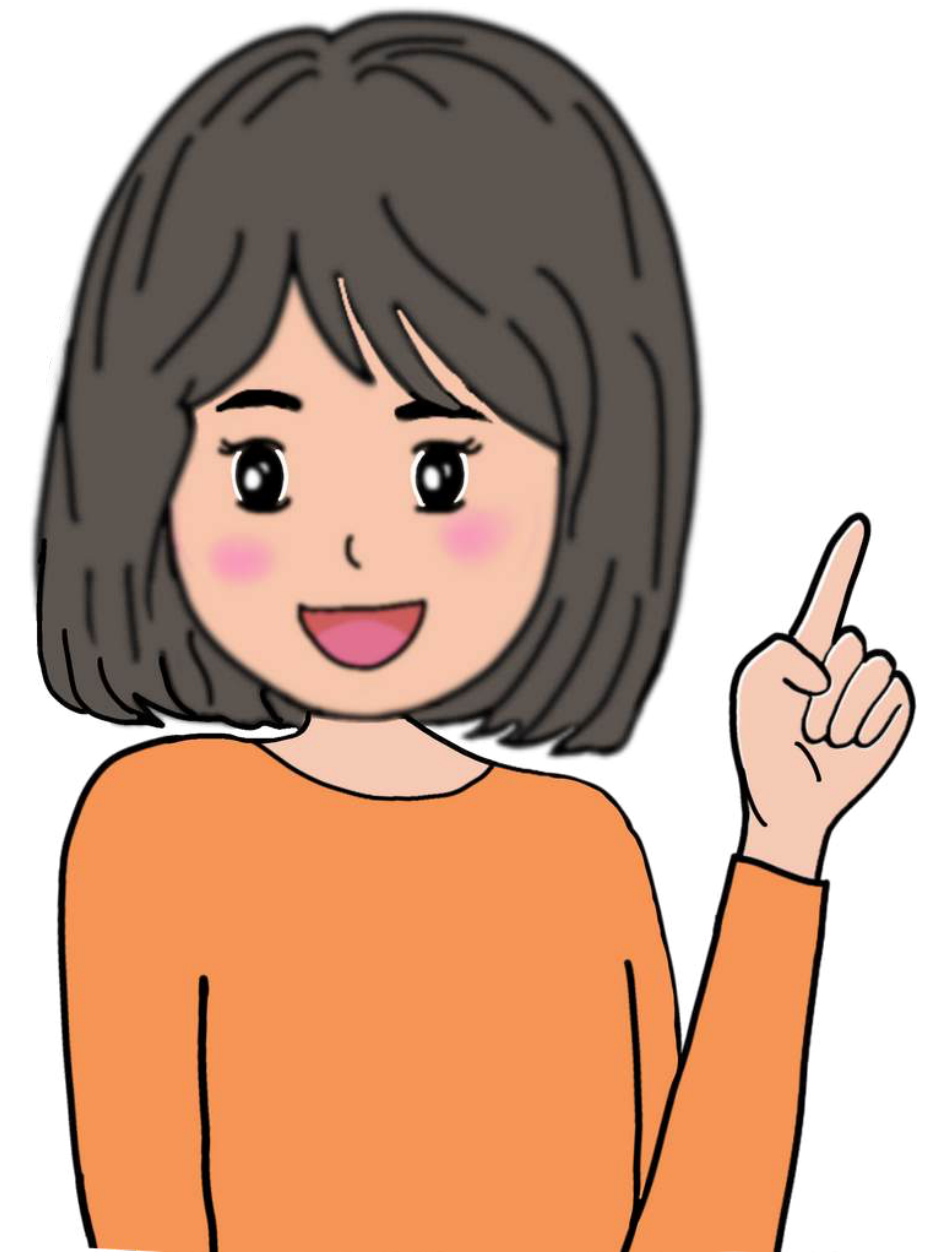
For example, if you love dolphins and the color blue, you can imagine a blue dolphin jumping over the number 123. That could be your special picture password!

Whenever you want to log in, just close your eyes and imagine your picture.

It will help you remember your password without any trouble.

Pick a favorite superhero or any character you really like. Then, add some numbers that are special to you. For example, if you like Spider-Man and your lucky number is 7, you can combine them to create a password like "Spidey7".

This way, you're using something you enjoy to help you remember your password easily! Just remember, it's like teaming up with your superhero to keep safe online.



REMEMBER!



PUT A TICK NEXT TO THE CORRECT ANSWERS



Remember, learning is not about getting all answers right but understanding what you didn't know before. So, no matter how you do, be proud of yourself for learning something new today!

### Why do we need passwords for our online accounts?

- a) To make it difficult for us to log in.
- b) To protect our accounts and personal information from others.
- c) Because all the websites ask us to.

### A strong password should include:

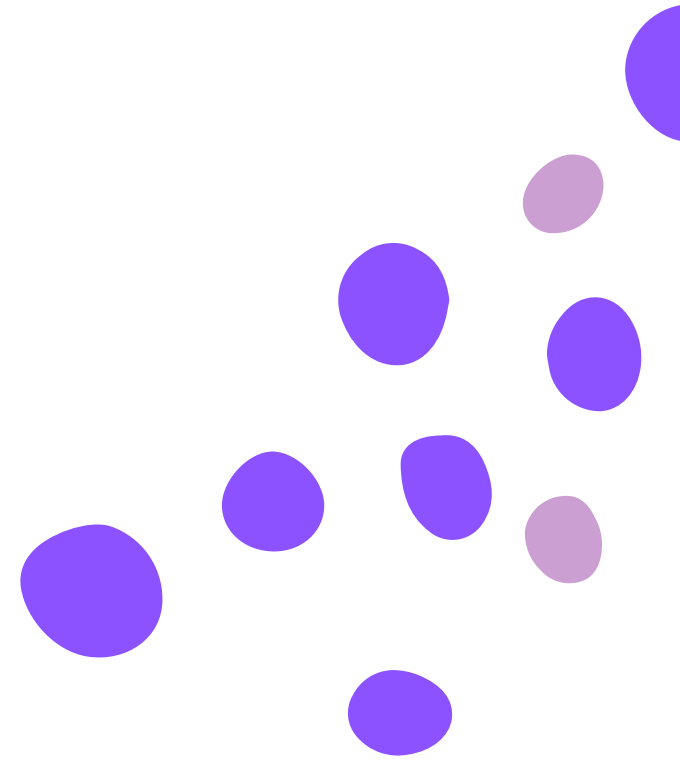
- a) Your name and birthday.
- b) A mix of letters, numbers, and special characters.
- c) The word "password".

### It's okay to share your password with:

- a) Your best friends.
- b) Nobody, you should keep your password a secret.
- c) Everyone, so they can help you remember it.

### How can you remember your strong password?

- a) Write it down on a piece of paper next to your computer.
- b) Use a memorable phrase, a sentence, or a pattern to help you remember.
- c) You should always use the same password so you don't forget it.





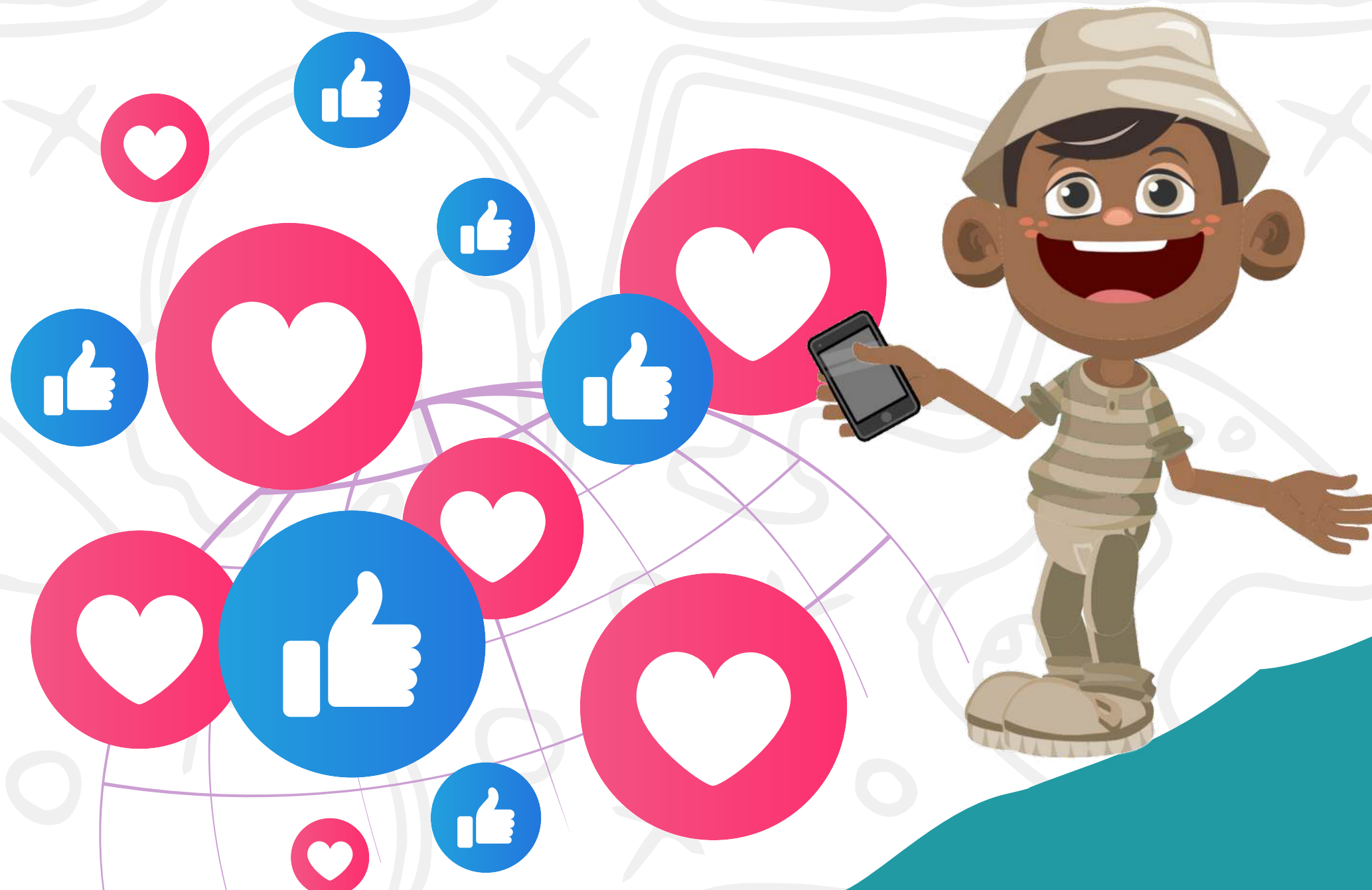
# Digital Discoverers: Young Explorers Navigating The Internet

## Sharing photos and videos online

TEACHER & PARENT  
RESOURCE

COURSE OBJECTIVES

9 LESSONS



# Lesson 1



# Sharing Photos and Videos Online

When you are sharing photos or videos online, you should be very careful.

Here is a simple guide for you:

## Happy moments:

You can share photos of happy moments like a day at the beach, your sports game, a family picnic, or pictures of your pets.

## No personal information:

Don't share photos that show personal information. This means no pictures of your school name, your home address, or anything else that could help a stranger know where you live or go to school.

## Always ask for permission:

Always ask your parents or a grown-up or even your friends before you post a picture of them. They might not want that picture online.

## No embarrassing photos:

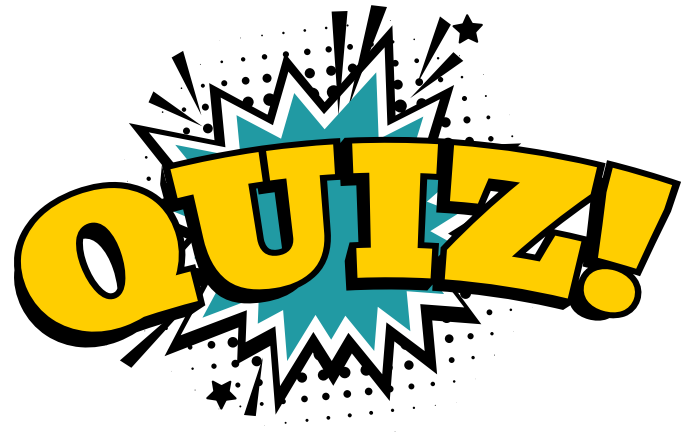
Don't share photos that could embarrass you or someone else.  
Think about how you would feel if the whole school could see the photo.

## Keep private things private:

Some things are meant to be private. That means no pictures of people without their clothes on, including babies in bathtubs.

**Remember, once a photo is shared online, it can be hard to completely remove it. People can save it, share it, or even change it. So always think twice before you post and when in doubt, ask a grown-up.**





PUT A TICK NEXT TO THE CORRECT ANSWERS



## The Dangers of Sharing Photos and Videos Online

**Once a picture is posted online, you can take it back by:**

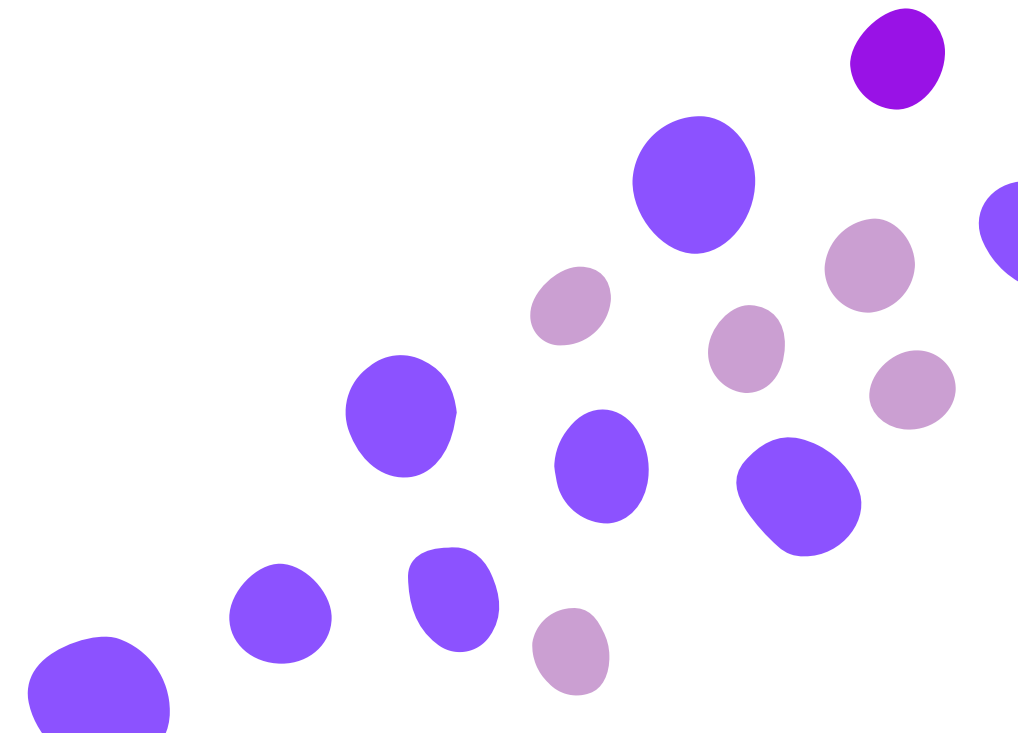
- a) Deleting it from your account.
- b) Asking your friends not to share it.
- c) You can't completely take it back.

**It is okay to share pictures of other people online if:**

- a) You have their permission.
- b) They are in the background of your picture.
- c) You think they look good in the picture.

**When you share a picture online, who can see it?**

- a) Only your best friends.
- b) Only people who follow or friend you.
- c) Potentially anyone, even strangers.





# Digital Discoverers: Young Explorers Navigating The Internet

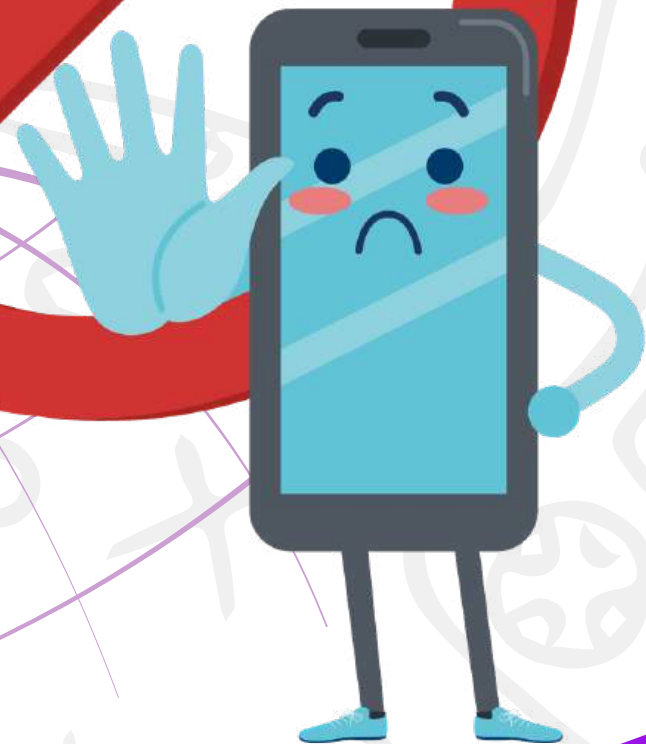
## Cyberbullying

TEACHER & PARENT  
RESOURCE

COURSE OBJECTIVES

9 LESSONS

**CYBER  
BULLYING**



# Lesson 8



# What Is Cyberbullying?

Cyberbullying is when someone uses technology, like computers, smartphones, or tablets, to be mean, hurtful, or unkind to others. It can happen online through things like mean messages, spreading rumours, or sharing embarrassing pictures. Cyberbullying is like regular bullying, but it happens on the internet.

It's important to remember that no one deserves to be treated badly, and if you or someone you know is being cyber bullied, it's important to tell a trusted adult, like a parent or teacher, so they can help.



# *Here is what to do if you or one of your friends are being cyberbullied*

## *Don't respond to the bully:*

It's best not to reply to mean messages or comments. Responding may make the situation worse and gives the bully more power. Ignore their hurtful words.

## *Save the evidence:*

Take screenshots or pictures of the cyberbullying messages or posts. This can help show what happened when you are trying to get help.

## *Tell a trusted adult:*

Talk to a grown-up you trust, like your parents, teacher, or school counselor. They can help you handle the situation and support you.

## *Block or unfriend the bully:*

On social media or messaging apps, you can block or unfriend the person who is cyberbullying you. This will prevent them from contacting you again.

## *Report the cyberbullying:*

Many websites and apps have options to report bullying. Tell a grown-up about the cyberbullying and they can help you report it to the right people.

## *Be an upstander:*

If you see someone else being cyberbullied, don't join in or encourage it. Instead, stand up for the person being bullied and let them know they're not alone. Tell a grown-up about what's happening.

*Remember, you're not alone in dealing with cyberbullying. By telling a trusted adult and taking steps to protect yourself, you can help stop cyberbullying and create a safer online environment for everyone.*

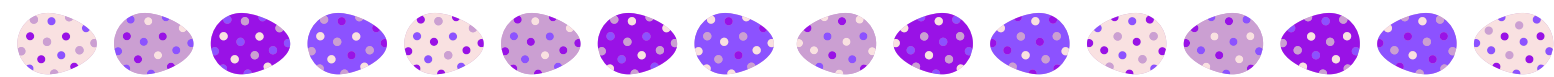




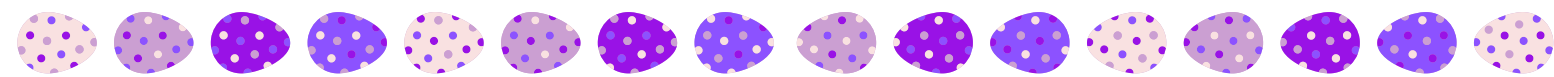
# Activity

## Cyberbully Defeaters

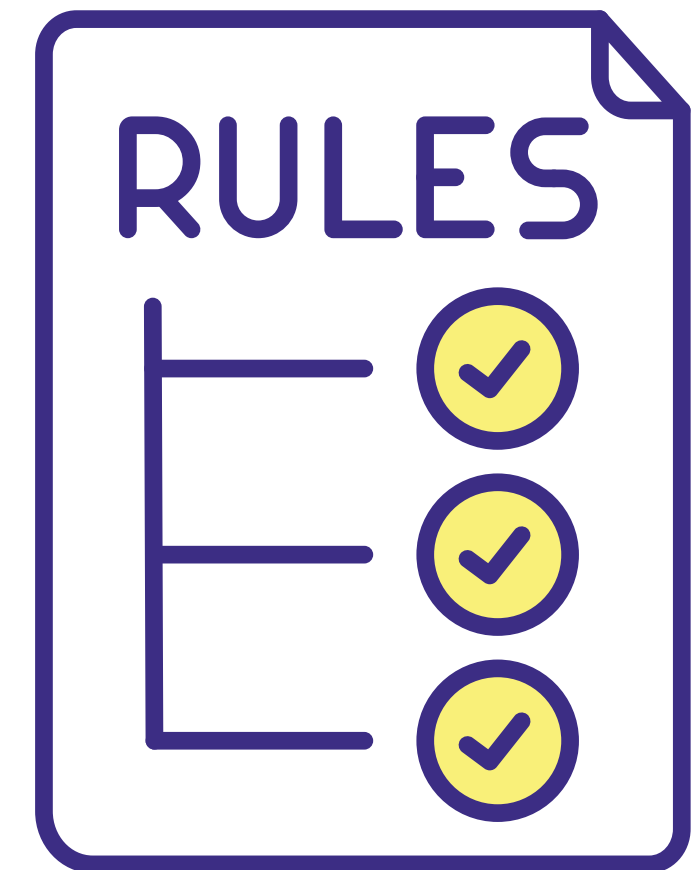
1. Imagine you're a superhero whose powers are kindness and bravery. How would you help someone who's being bothered by a cyberbully? Write down 3 things you would tell them to do.

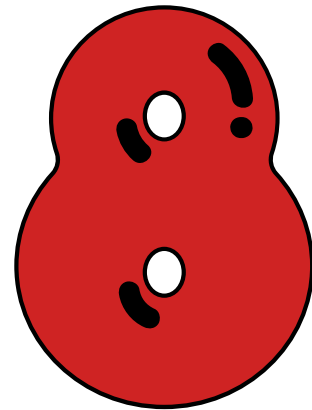


2. Can you design a poster giving your TOP SAFETY RULES for internet safety



Remember, our goal is to turn you into smart and responsible Internet Explorers who can enjoy the online world safely and respectfully. Let's continue our fun-filled journey into the vast world of the internet!





PUT A TICK NEXT TO THE CORRECT ANSWERS



### What is cyberbullying?

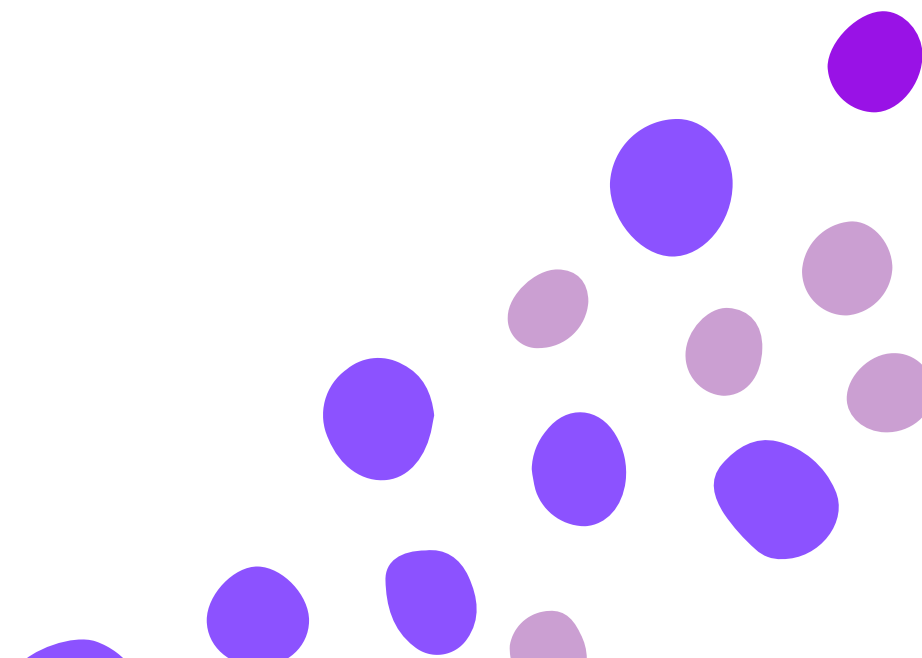
- a) Playing video games online
- b) Being mean or hurtful to someone online
- c) Doing homework on the computer

### What is the best thing to do if you see your friend being cyberbullied?

- a) Join in on the bullying.
- b) Report it and support your friend who is being bullied.
- c) Ignore it, it's not your problem.

### What should you do if someone online is being mean to you or a friend?

- a) Be mean back to them
- b) Ignore them and tell a trusted adult
- c) Tell all your online friends about it



TEACHER & PARENT  
RESOURCE

COURSE OBJECTIVES

9 LESSONS

# Digital Discoverers: Young Explorers Navigating The Internet

## The Importance of asking for help



# Lesson 9



# The Importance Of Asking For Help

Sometimes, we come across things online that make us feel unsure, confused or uncomfortable. It's important to know that it's okay to ask for help when you're not sure about something. Here's what you can do:

## **Talk to a trusted adult:**

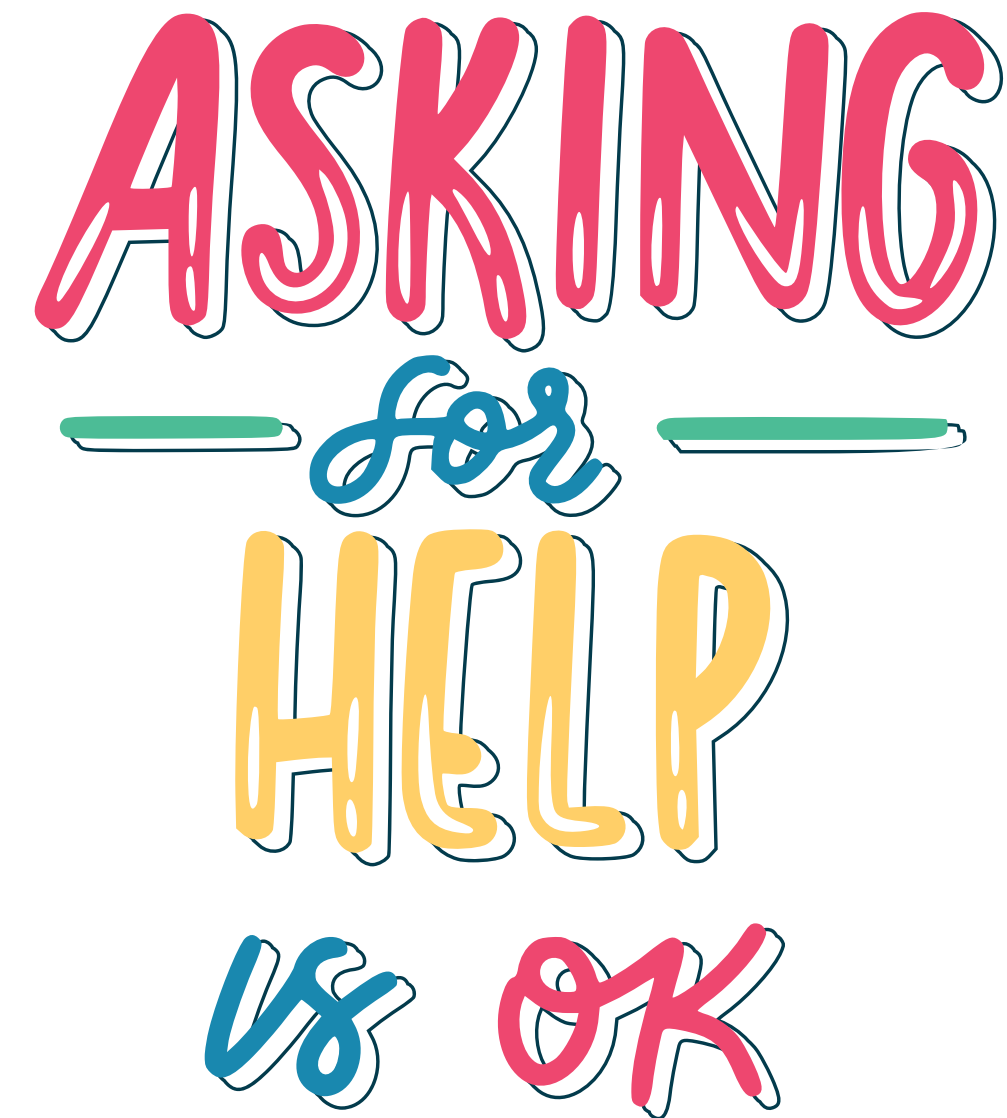
When you're unsure about something you see or experience online, you can talk to a grown-up you trust, like your parents, a teacher, or another responsible adult. They are there to help and guide you, and they can explain things or answer your questions.

## **Share your worries::**

When you're feeling unsure or uncomfortable about something, don't keep it to yourself. Tell a trusted adult what's bothering you. They can give you advice and support to help you understand and handle the situation.

## **Show them what you saw:**

If there's something that worries you or that you're unsure about, show it to your trusted adult. You can take a screenshot, explain what happened or show them immediately. This way, they will understand what you are talking about and they will be able to help you.





# Who Can You Talk To?

When you're having problems on the internet or if something makes you feel uncomfortable, there are lots of people that you can ask for help. Here are a few people you can talk to:

## Parents or carers:

Your mom, dad, or another trusted adult in your family can help you when you're having trouble on the internet. They care about your safety and can guide you in making the right decisions online.

## Teachers:

Your teachers are there to support you, both in the classroom and online. If you have any problems or questions about the internet, they can provide guidance and advice.

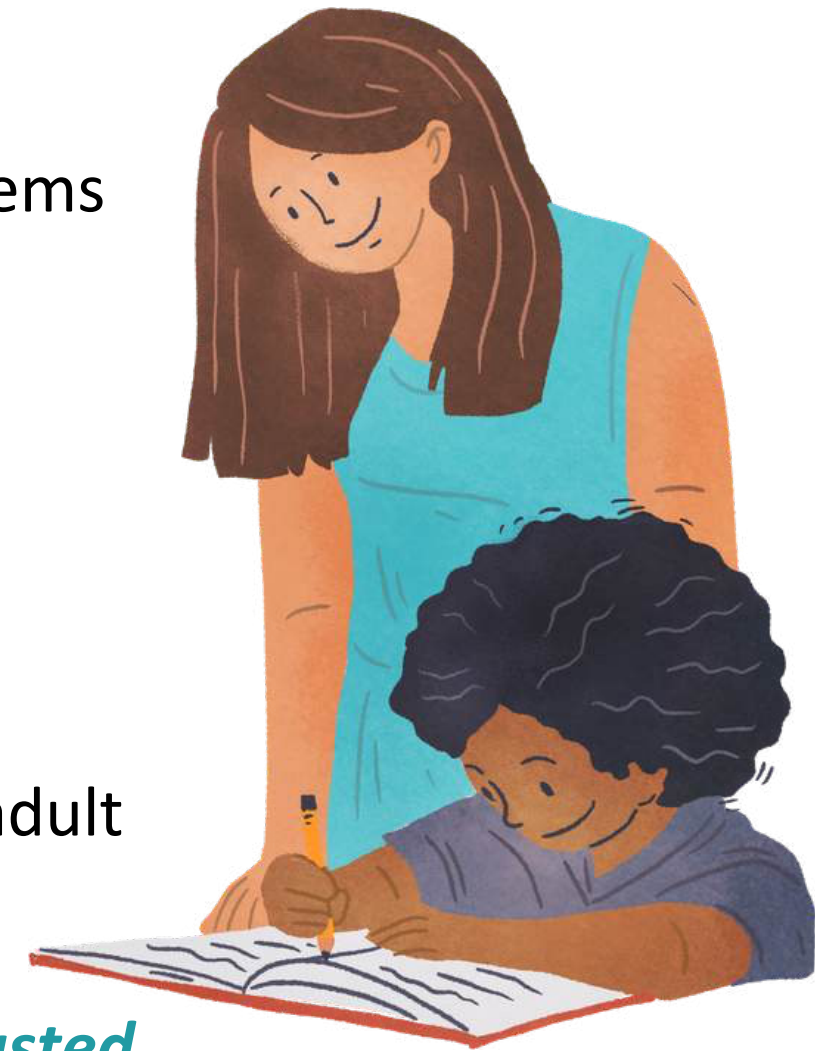
## School counselor:

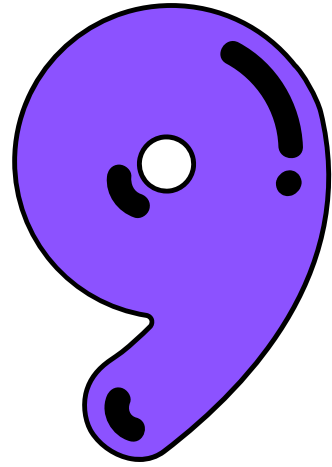
If you're dealing with cyberbullying or problems online, your school counsellor can provide support and guidance.

## Online safety helpline:

Some places have special helplines or hotlines dedicated to online safety. So speak to a trusted adult and they will help you call the online safety helpline so you can get advice.

***Remember, asking for help is a smart and responsible thing to do. It's important to talk to a trusted adult whenever you're having problems or feeling uncomfortable while using the internet. They will help you find solutions and make sure that you stay safe online. that you stay safe online.***





PUT A TICK NEXT TO THE CORRECT ANSWERS



**When should you ask for help while using the internet?**

- a) Only when you can't complete a game level.
- b) Whenever you feel uncomfortable or unsure about something.
- c) Never, you should figure everything out by yourself.

**Why is it important to ask for help when you're unsure about something online?**

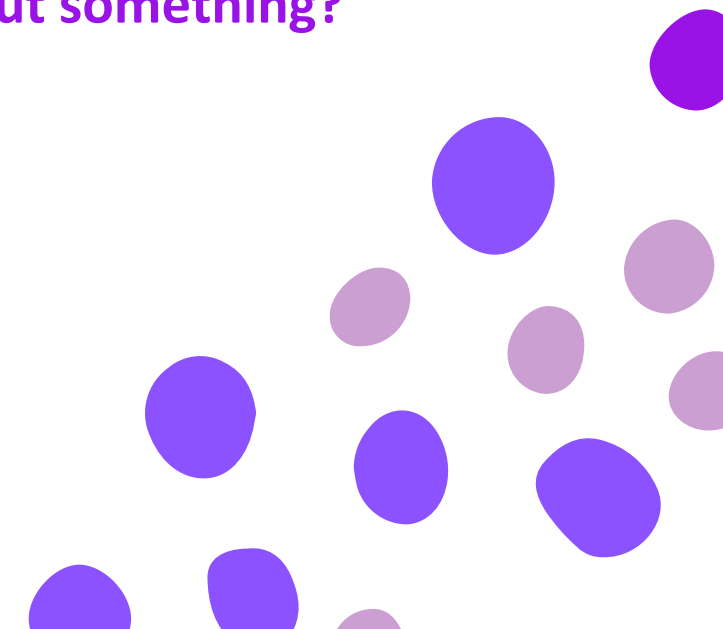
- a) Because it's fun to ask questions.
- b) Because it keeps me safe and helps me learn.
- c) Because I don't like to think.

**If a stranger online asks for your personal information, who should you talk to?**

- a) My best friend.
- b) The stranger who asked for the information.
- c) A trusted adult like a parent or teacher.

**Is it a weakness to ask for help online when you're not sure about something?**

- a) Yes, it means I'm not smart.
- b) No, it's smart to ask for help when you're unsure.
- c) Yes, because nobody else asks for help.





# My Internet Safety Pledge

- I promise to be a smart and safe internet user.
- I will follow these rules to protect myself and others while using the internet:
- I will always ask my parents or a trusted adult before going online and follow their guidance.
- I will keep my personal information, such as my full name, address, phone number, and school name, private and not share it with strangers online.
- I will be kind and respectful to others online, just like I am in real life. I will not bully or hurt anyone with my words or actions.
- I will not share or post photos or videos of myself or others without permission from my parents or careers.
- I will only visit safe and trusted websites and games that my parents or teachers approve of.
- I will never meet or agree to meet anyone from the internet in person without my parent or carer's knowledge and permission.
- If I come across something online that makes me uncomfortable or unsure, I will immediately tell my parents or a trusted adult.
- I will be responsible and follow the rules of the websites, games, and apps I use.
- I will protect my passwords and not share them with anyone, not even my friends.
- I understand that my password is like a secret code to keep my accounts safe.
- I will remember that the internet is a powerful tool for learning, creating, and connecting with others.
- I will use it responsibly and enjoy my time online in a safe and positive way.
- By taking this internet safety pledge, I promise to be a responsible and safe internet user, making the internet a better place.

—————  
*Signed*



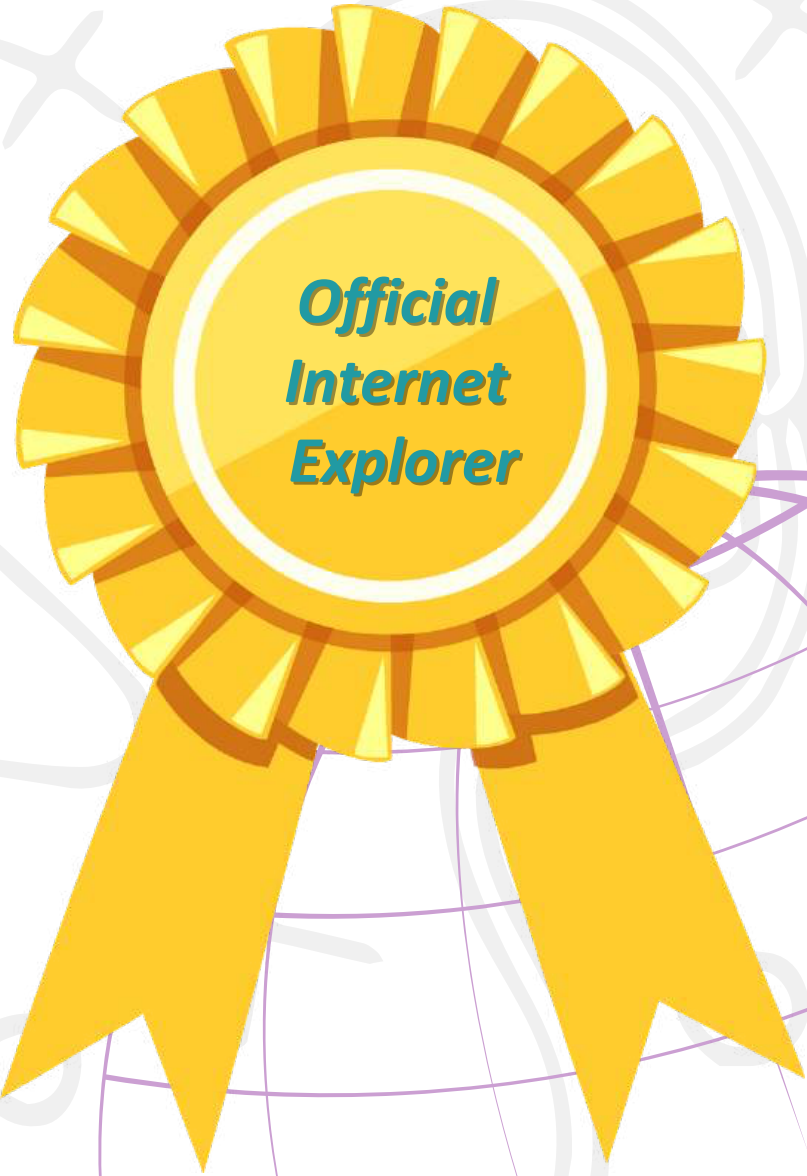


# Certificate of Completion

## Young Explorers Navigating the Internet

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