



# MY ONLINE SAFETY KIT

- For Young Internet Users

The internet is an excellent  
place for everyone, even you!  
What do you enjoy doing  
most online?



Remember that the internet is a large community of different people from across the globe. Like you, people use the internet for various activities. Some of these activities can negatively affect other users like you and me.

HERE ARE A FEW OF THOSE NEGATIVE ACTIVITIES TO LOOK OUT FOR ONLINE:



Cyberbullying



Stalking and trolling



Inappropriate content



Phishing- Identity theft and hacking

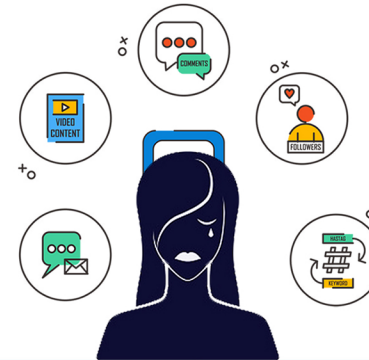


Crimes like theft, physical harm and sexual abuse perpetrated by online predators



Fake news

Apart from these harmful vices, we must also be aware that using the internet requires a lot of responsibility. The internet can be very addictive, and if not correctly used, can affect our mental well-being.



## HOW CAN I STAY SAFE ONLINE?

### Have you heard about the SMART online safety code?



**SHARE WISELY.** Don't share personal information like your nude pictures, contact information, address, passwords, live locations, etc., online or with strangers. You can ignore, block and refuse chats/requests from unknown or suspicious people/ accounts.



**MEETUPS** can be dangerous. Never accept an invitation to meet up with new friends or strangers online.



**AVOID** all sites with violent, disturbing, or adult content.



**REAL or NOT?** Fake news and misinformation are rampant on the internet. Always verify the information you receive online before believing and resharing it. Do you remember the Nigerian 'Ebola salt' drama in 2014?



**TAKE PRECAUTIONARY MEASURES** to avoid unhealthy digital lifestyles like internet addiction. Internet overuse can lead to physical and psychological disorders, difficulty focusing on essential life tasks, and depression.



# DO YOU KNOW?

## (QUICK INTERNET FACTS & TIPS)

Each time you chat, post a picture or go on the internet, you unintentionally leave a Digital Footprint data trail. It is unique and cannot be deleted. It means that whatever post you make, good or bad, is permanently stored online and will be there for years. Share Responsibly.

In 2014 during the Ebola outbreak in Nigeria, two people died, and at least 20 persons were hospitalised after consuming too much salt. They had all read a social media hoax message created by a young lady who claimed saltwater could protect them from Ebola. Verify All Information.

The law can punish you for Hate Speech. Do not use the internet to attack ethnic groups, religious beliefs, or gender. Treat Everyone Online Respectfully

Privacy settings on social media can protect your data and make them available only to people you feel comfortable sharing such information with. Protect Your Data.

Phishing is a social engineering attack used to steal your data, including login credentials & banking information. Check that link Before You Click.

Online predators are individuals who commit child sexual abuse that begins or takes place on the Internet. Each day there are approximately 500,000 online predators on the internet. Beware Of Strangers.



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