

ASSEMBLY PRESENTATION: STAYING SAFE ONLINE

Empowering All Ages for a Safer Digital
World

Key Online Safety Messages for All Ages

There are a few golden rules that can help all of us stay safe online. These aren't just for kids; they're for everyone who uses the internet. Let's explore them together:

- **Think Before You Click, Share, or Post**
- **Keep Personal Information Private**
- **Be Kind and Respectful Online**
- **Know Who You're Talking To**
- **Use Strong Passwords and Protect Your Accounts**
- **Balance Your Screen Time**

Think Before You Click, Share, or Post

Every time you click a link, share a photo, or post a comment, you're leaving a digital footprint. This footprint can stay online forever, even if you try to delete it. What you put online can be seen by many people, including friends, family, teachers, and even future employers. So, always pause and ask yourself:

- **Is this kind, respectful, and true?**
- **Would I be happy for my parents, teachers, or grandparents to see this?**
- **Could this hurt anyone or cause problems later?**

KEEP PERSONAL INFORMATION PRIVATE

Your personal information is like your secret superpower – you need to protect it! Sharing too much online can make you vulnerable to people who are not who they say they are.

Online friends are not always real-life friends.

What NOT to Share:

-  Your full name
-  Your home address
-  Your phone number
-  The name of your school
-  Your exact location
-  Any passwords

RED FLAG: If someone online asks for these, tell a trusted adult immediately!

BE KIND AND RESPECTFUL ONLINE

The internet connects us all. Remember that behind every screen is a real person with feelings. Being kind online is just as important as being kind in person.

Stand up against
cyberbullying.

Don't Respond

Engaging often makes the situation worse. Stay calm.

Save the Evidence

Take screenshots or save messages. This is important for reporting.

Block the Bully

Use platform tools to stop them from contacting you.

Tell a Trusted Adult

Always talk to a parent or teacher. They are there to help.

KNOW WHO YOU'RE TALKING TO

Not everyone online is who they say they are. Some adults pretend to be younger to gain trust—this is called **online grooming**.

If someone makes you feel uncomfortable, stop and tell a trusted adult immediately.

Red Flags to Watch Out For:

Personal Details: Someone you don't know in real life asks for your address, school, or phone number.

Secrecy: They try to keep your conversations a secret from your parents or other adults.

Inappropriate Requests: They ask you to send pictures or videos that make you feel uneasy.

Pressure: They try to make you feel uncomfortable, guilty, or pressured into doing something.

Gifts or Money: They offer you rewards or money in exchange for something online or in person.

USE STRONG PASSWORDS & PROTECT YOUR ACCOUNTS

Your online accounts are like your personal digital lockers. A strong password is your first line of defense. Never share your passwords with anyone, not even your best friend.

Create Strong Passwords

Use a mix of uppercase, lowercase, numbers, and symbols. Make them long and unique for every account.

Use a Password Manager

These tools help you create and remember complex passwords securely so you don't have to.

Enable 2FA

Two-Factor Authentication adds an extra layer of security, like a code sent to your phone.

BALANCE YOUR SCREEN TIME

The internet is fantastic, but it's just one part of a healthy, balanced life. Spending too much time online can affect your sleep, schoolwork, physical health, and real-world relationships.

Set Family Limits

Agree on daily time allowances for devices.

Device-Free Zones

Keep meals and bedrooms tech-free for better focus.

Prioritize Sleep

Power down at least one hour before bedtime.

Offline Hobbies

Engage in sports, reading, or playing outside.

YOUR ROLE IN ONLINE SAFETY

Remember: Think before you act. Protect your personal info. Be kind and respectful. Know who you're talking to. Use strong passwords. Balance your screen time.

You have the power to make the internet a better place for everyone.

Whenever you feel unsafe or unsure, always talk to a trusted adult.