



## SAFER INTERNET DAY TAKE HOME ACTIVITY

Today in school we celebrated Safer Internet Day. A day to promote safe and responsible use of the internet, so that we can make the internet a safer and better place for all, especially for children.

### Managing Our Experience Online

Here is a reminder of some of the tips we discussed during today's lesson on critical thinking skills for navigating influencers and algorithms.

What can we do to make the most of the content we explore online?

- **Understand Influencers:** Some influencers promote products because they're paid. Look for #ad or #gifted to spot these posts.
- **Question Content and Think Before You Share:**
  - Who posted this?
  - Why? (Is it an ad, a joke, or a real story?)
  - Is it true?
  - Watch out for dramatic headlines or strange links.
- **Follow Wisely:** Choose accounts that make you feel positive and inspired. Unfollow ones that upset or pressure you.
- **Don't Compare Yourself:** Remember, most photos and videos are edited or only show the best moments.
- **Stay in Control:** Keep personal info private, explore new interests, set time limits, and be kind online.



### Influence Online Reflection

Read through the scenario below and come up with some solutions to navigate the online influence:

Caoimhe, 14 years old, loves make-up and follows some beauty influencers for tips and advice. Her favourite influencer is promoting an expensive new product in her latest 'Get Ready With Me' video tutorial and Caoimhe clicks on the link to buy it. Since buying that product Caoimhe has noticed she is seeing more and more posts promoting make up products and new beauty influencers on her 'For You' page. You notice lately she seems more and more concerned with having the latest products and judges anyone who doesn't keep up with the trends like her, what advice would you give Caoimhe?

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### Now talk about this together.

What is one thing you can do to check if a post is accurate, reliable and trustworthy before sharing with others?

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Pupil's Name:

Parent/Guardian's Signature:

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