








# LEADERS NOTES

## SOCIAL MEDIA & THE INTERNET

-  AGE RESTRICTED PRODUCTS
-  COMMUNITY SAFETY
-  DOORSTEP CRIME
-  FOOD & HYGIENE

-  HOME FIRE SAFETY
-  LABELS, SIGNS & SYMBOLS
-  MANAGING MONEY
-  SAFER INDEPENDENT PEDESTRIANS

-  SCAMS
-  SHOPPER'S RIGHTS
-  SOCIAL MEDIA & THE INTERNET
-  WHO CAN HELP



SOCIAL MEDIA & THE INTERNET



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LABELS, SIGNS & SYMBOLS



FOOD & HYGIENE



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SHOPPER'S RIGHT



SAFER INDEPENDENT PEDESTRIANS



SAFER INDEPENDENT PEDESTRIANS



LABELS, SIGNS & SYMBOLS



MANAGING MONEY



SAFER INDEPENDENT PEDESTRIANS



- AGE RESTRICTED PRODUCTS
- DOORSTEP CRIME
- SAFER INDEPENDENT PEDESTRIANS
- FOOD & HYGIENE
- COMMUNITY SAFETY
- HOME FIRE SAFETY



MANAGING MONEY

- SCAMS
- WHO CAN HELP

# SOCIAL MEDIA & THE INTERNET



We want to enjoy using the internet and social media, as it is a good way to keep in touch with people and find out about things. However, people do not always know how to keep themselves safe when they are on the internet.

Remember:

- Use all technology including mobile phones, games consoles, tablets and computers safely and respectfully when sharing information with others.
- Take time to think before posting messages and images that could be hurtful or embarrassing to yourself or others.
- Take care on the internet, some things and people are not what they seem.
- If things get tricky and you become uncomfortable, leave the site and ignore comments or emails.
- Tell someone if you are worried about anything that has happened while you've been online.

Go to the Mental Health Foundation website (under resources and links) that has easy read guidance, which is free to download. There is a section on Profiles, Facebook, Email, Skype and Twitter. Each section has useful tips.

## RESOURCES AND LINKS

Learning Disabilities  
Click on 'Publications' and type in  
'Staying safe on social media'.

Think You Know  
Child Net  
Kent County Council - Trading Standards



# SKILLS4LIFE

## SOCIAL MEDIA & THE INTERNET

### HOW TO EARN YOUR AWARD

**COMPLETE THE QUIZ OR ONE OF THE ACTIVITIES BELOW**

ACTIVITY 1	<b>TAKE A TRIP TO THE LIBRARY OR LOCAL SCHOOL TO WORK ON THEIR COMPUTERS TO LEARN ABOUT SAFE SEARCH SKILLS</b>
ACTIVITY 2	<b>QUIZ</b>

# ACTIVITY 2

# QUIZ



## QUESTION 1

You are going to join up to a website on the internet and you are asked to write a 'Profile'.

What information is safe to put about yourself on your Profile?

- a) Your name
- b) Your date of birth
- c) Your address

## QUESTION 2

You need to make up a password for your profile. You do not want anybody to guess what it is.

What should you do?

- a) Use your date of birth
- b) Use your name
- c) Use a mixture of numbers, characters and letters

## QUESTION 3

You have a profile page on Facebook.

When posting anything, what is a good rule to remember?

- a) Never post any of your photos
- b) Never post anything you would not want your family or people you work with to see
- c) Never chat to your friends

## QUESTION 4

If someone is upsetting you badly on Facebook, what should you do?

- a) Write back something that will upset them too
- b) Try to ignore what they are saying
- c) 'Unfriend' or block them, to stop them getting in touch with you



## QUESTION 5

Emails can help you to keep in touch with people you know.

What is the main rule to keep your email safe?

- a) Do not open emails or attachments from somebody you do not know
- b) Give your email to people you do not know well
- c) Reply to emails that are asking for information about you

## QUESTION 6

You receive an email from someone saying you are the lucky winner of a big prize in a competition. They are asking for your bank details and passwords so that they can put the money straight in your bank.

What should you do?

- a) Quickly get your bank card and email them your personal details
- b) Ignore the email. Put it in your 'Junk' folder. This is phishing' scam
- c) Forward the email to all of your friends



## QUESTION 7

You are signed up to Skype so that you can talk to your friends, video call each other or just type messages to each other.

Somebody has got in touch with you and you do not want to hear from them again.

What can you do?

- a) Block them and tell a trusted adult
- b) Tell them not to get in touch with you again
- c) Nothing

## QUESTION 8

You use Twitter to 'follow' a group that does things you would like to know more about. You have got a lot planned, including a holiday and want to Tweet all about it.

What should you do?

- a) Tweet them all of the details of when you are going and how long you will be away for
- b) Do not Tweet anything
- c) Only Tweet them where you are or what you are doing AFTER you have done it



# ACTIVITY 2

## SOCIAL MEDIA & THE INTERNET

Name: \_\_\_\_\_

Question	Answer
Question 1	
Question 2	
Question 3	
Question 4	
Question 5	
Question 6	
Question 7	
Question 8	