



Safer Internet Day 2022

Tuesday
8 February



What App/ services do you use online



33%

Of teens spend 4 or more hours online (not including time in the classroom)





Sometimes everything goes great





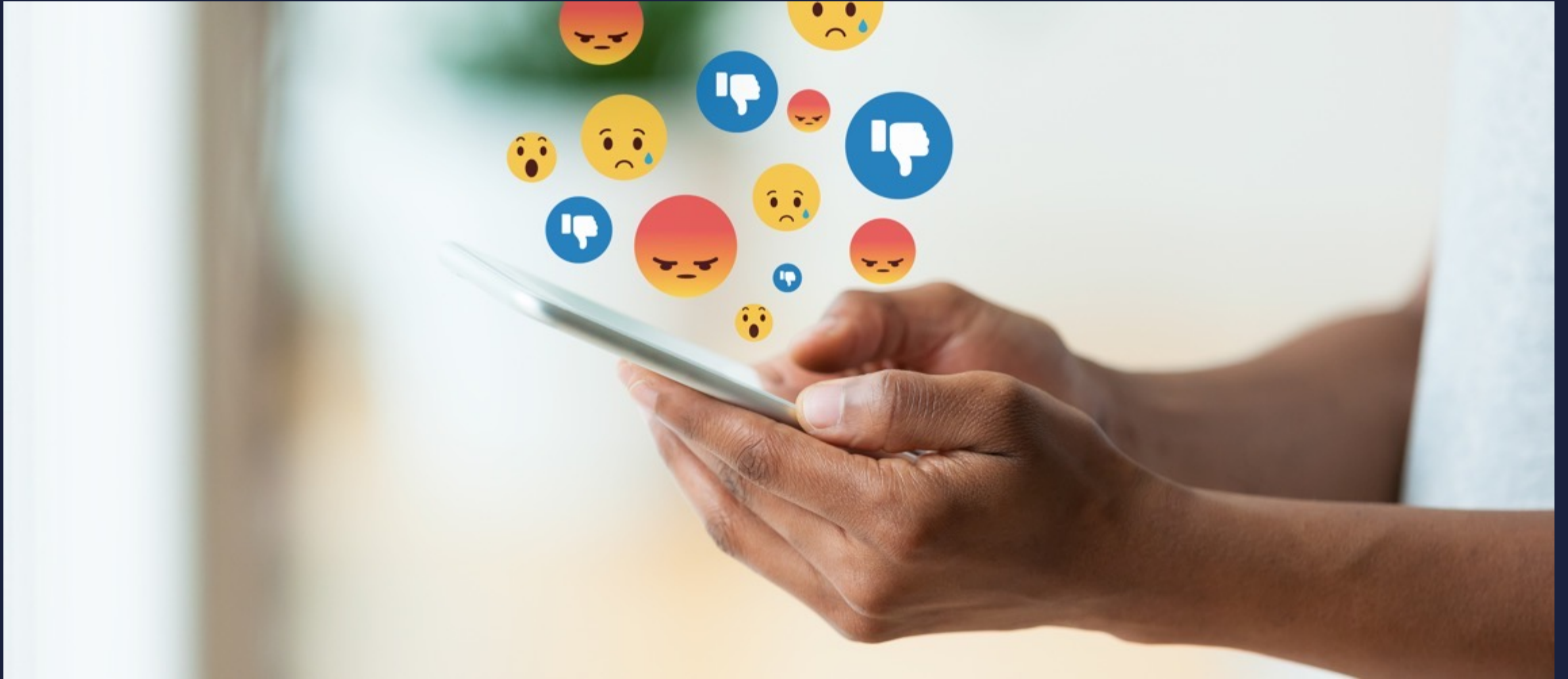
What are some good things about the apps and services you use?





But sometimes, things don't go well.





What are some bad things that can happen with the apps/services you uses?



Think before you click

- 1 How will people feel if I post this picture?
- 2 Is this something I should share?
- 3 Is this link legit?



There are laws to stop harm online.

The **Harmful Digital Communications Act** exists to protect people while being online.

It sets out 10 principles that guide how we should interact with others online.

If you ever need help online, contact: **Netsafe**

Keep it locked



Strong **passwords** and **Pin codes** will protect your devices and accounts.



Keep it private



Think twice before sharing things like your location, **passwords** and **bank details**.

Have you checked your app permissions?



How could we give away this information?



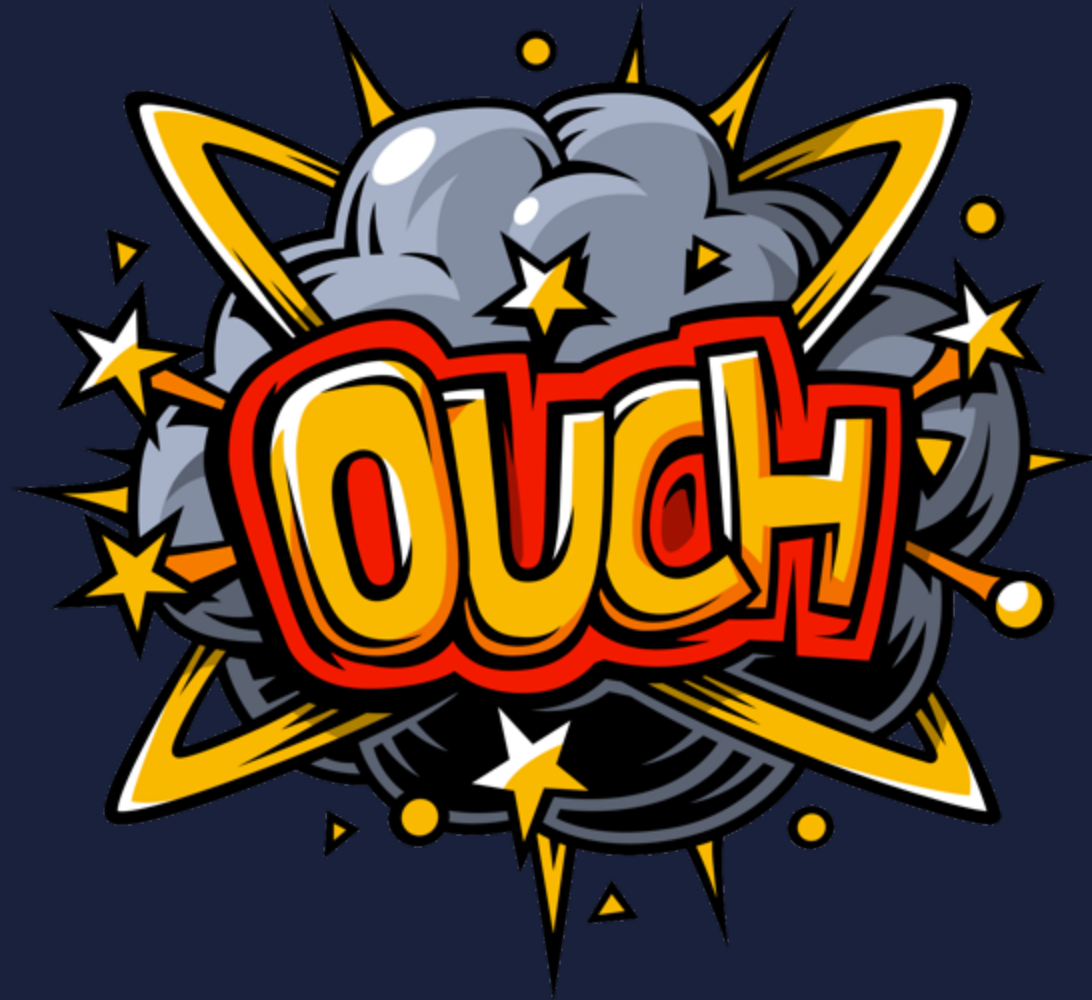


Keep it real

Not everyone is who they appear to be online
Not everything we see online is true.



What could go wrong?



Keep it balanced



Take time to disconnect when you feel you've been caught up online for too long.



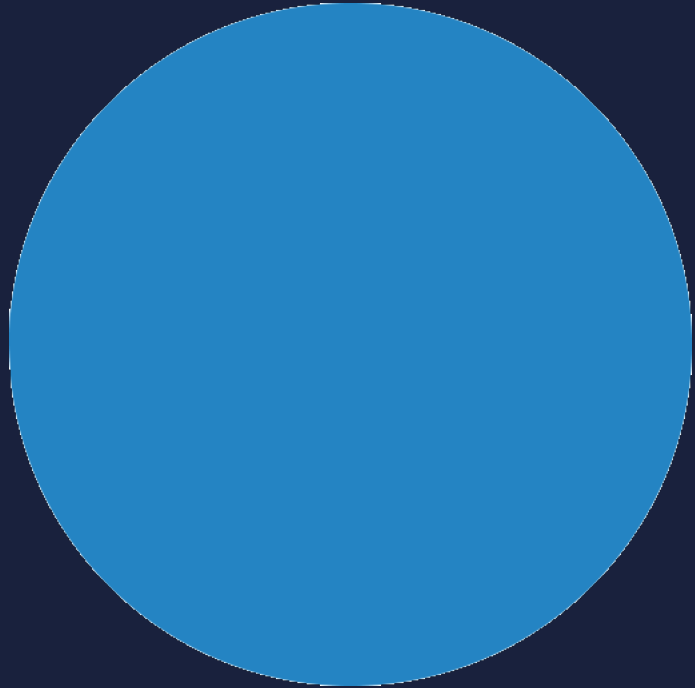
Keep it fun



Not everything about being online is dark and dangerous. There's so much to enjoy.



What can you do when things don't go well online?



1 Reach out:

Talk to someone you trust – an adult, a peer support student, **Netsafe**, or another helpline.



Youthline

0800 376 633



What's Up

0800 WHATS UP
(0800 942 8787)



Rainbow Youth

Book a support
session online at
[https://ry.org.nz/self-
referral](https://ry.org.nz/self-referral)



The Lowdown

0800 111 757

2 Keep evidence:

Take screenshots of the harmful content – get your mates to help along too.

3 Report it:

Report the content to the app provider (like Instagram) or to Netsafe.



**Got problems
online?**

**Talk to
Netsafe.**

Netsafe can help keep
you safe online.

They can help with:

- Online bullying and harassment
- Nudes, sexting and online relationships
- Social media and gaming use
- Advice and support around scams
- And heaps more!

Four ways to report

- 1 Webform netsafe.org.nz/report
- 2 Phone 0508 638 723
- 3 Email help@netsafe.org.nz
- 4 Text 'Netsafe' to 4282






Follow Netsafe's socials!



Heard of the Netsafe YAS?

Join  YAS

netsafe.org.nz/joinYAS

- Interested in **digital tech**?
- Insta lover? Netflix binger?
Love gaming?
- Want to **lead** and **help others** in your school around online safety?
- Check out **@netsafeyas** on Instagram.





0508 NETSAFE | Free text 'Netsafe' to 4282

Connect with us:

@netsafenz

