



**Safer  
Internet  
Day 2022**

## Safer Internet Day – Presentation for Intermediate-Secondary Schools

### WHAT IS SAFER INTERNET DAY?

[Safer Internet Day](#) is a globally celebrated day promoting the safe and positive use of digital technologies and online spaces. This year it falls on 8 February.

Schools and organisations around the world participate in the day, finding opportunities to talk about how we can all work together to make the online space one we can explore and enjoy together.

Netsafe has developed a wide range of resources to help supporters participate and encourages everyone to use the material as widely as possible. Helping people stay safe online is a joint effort, and we couldn't do this without you.

Safer Internet Day is an excellent opportunity to reinforce the importance of being good digital citizens and what to do when something goes wrong online.

### WHEN CAN WE USE THIS PRESENTATION?

This presentation has been created to support schools when sharing information about the day and general online safety and citizenship advice with students. It can be used at any time – before Safer Internet Day, on the day itself or as a follow-up.

### WHAT AGE GROUP(S) IS THIS PRESENTATION SUITABLE FOR?

The presentation is aimed at intermediate and secondary school students. However, please feel free to adapt this presentation as required.

### CAN WE ADD EXTRA SLIDES TO THE PRESENTATION OR REMOVE ONES THAT AREN'T SUITABLE?

Yes. One size does not fit all, so feel free to remove the slides that aren't applicable or add in ones that fit your students' needs.

## WHERE CAN I ACCESS MORE INFORMATION ABOUT ONLINE SAFETY, CITIZENSHIP AND WELLBEING?

You can find information at [netsafe.org.nz](https://netsafe.org.nz), including details of the Harmful Digital Communications Act, the work we do and our latest research. You can visit [netsafe.org.nz/the-kit](https://netsafe.org.nz/the-kit) for our education-specific contents.

For advice specific to young people, head to [netsafe.org.nz/advice/young-people](https://netsafe.org.nz/advice/young-people)

## HOW CAN NETSAFE SUPPORT SCHOOLS TO DEVELOP ONLINE SAFETY, CITIZENSHIP AND WELLBEING?

The [Netsafe Schools Programme](#) is free to all New Zealand schools. It provides the resources and tools schools need to review and develop their online safety approaches and initiatives. For more information about any of our services, our dedicated Education team can be contacted at [education@netsafe.org.nz](mailto:education@netsafe.org.nz).

Slide #	Content
1	<p><b>Title Slide: Safer Internet Day</b></p> <p>This year, Safer Internet Day falls on 8 February. Safer Internet Day is about highlighting the importance of making safe choices online, so we can enjoy it and make the most of the opportunities it offers.</p> <p>Teachers note - feel free to edit this slide and make the lesson flow the way you'd like it to. A core part is to introduce them to Netsafe, so that if they ever need incident support or self-help advice, they know Netsafe is available to provide free help.</p>
2	<p><b>What apps/services do you use online?</b></p> <p>Discuss with the class (or students can discuss in groups and then share).</p> <p>What apps and services do you use when online? Is it Instagram, Snapchat? TikTok? Netflix?</p>
3	<p><b>33% of teens</b></p> <p>We use these apps and services a lot. When Netsafe talked to young people, they found that 33% of teenagers spend on average <b>four or more hours online a day</b> over and above their time at school.</p> <p>If you multiply that by days of the week, <b>you have a part-time job...</b> on top of time spent at school, on homework or other activities.</p> <p>Research link - <a href="https://www.netsafe.org.nz/wp-content/uploads/2018/02/NZ-teens-digital-profile_factsheet_Feb-2018-1.pdf">https://www.netsafe.org.nz/wp-content/uploads/2018/02/NZ-teens-digital-profile_factsheet_Feb-2018-1.pdf</a></p>

4	<p><b>Sometimes everything goes great...</b></p>
5	<p><b>What are some good things about the apps/services you use?</b></p> <p>Discuss with the class (or students can discuss in groups and then share)</p> <p><b>Some ideas if students are stuck...</b></p> <ul style="list-style-type: none"> <li>• We connect with our mates/family.</li> <li>• We can listen to music we love.</li> <li>• Play video games when we're bored.</li> <li>• Make TikToks etc.</li> </ul>
6	<p><b>But sometimes, things don't go well.</b></p> <p>and don't go as we had expected.</p>
7	<p><b>What are some bad things that can happen with the apps/services you use?</b></p> <p>Discuss with the class (or students can discuss in groups and then share).</p> <p><b>Some ideas if students are stuck...</b></p> <ul style="list-style-type: none"> <li>• Your accounts get hacked/get scammed.</li> <li>• Get sent hateful comments while playing videogames or on a post.</li> <li>• Being catfished by someone</li> <li>• asked to share nudes or nudes get leaked.</li> <li>• Bullied through harmful comments, being made fun of, exposing secrets online.</li> </ul> <p><b>Teachers note</b> - If a student is being bullied online, there is advice available at <a href="https://netsafe.org.nz">netsafe.org.nz</a>. You can also call on their behalf for incident advice on 0508 NETSAFE.</p>
8	<p><b>Small choices can have significant outcomes.</b></p> <p>Small choices, like a simple click, 'send', 'share' or 'post' can have <b>huge</b> outcomes that we don't expect.</p> <p>Once we push 'send' or 'post' <b>we lose control</b> over where it goes and who sees it.</p> <p>We can remove posts from our feed or account, but someone may have saved it or shared it.</p> <p>Clicking a link or sharing your details with someone can lead to dangerous consequences.</p> <p><b>Think before you click.</b></p> <p>We know that when we push 'send' or 'post' we effectively lose control of that image or comment.</p>

	<p>So, before you post, stop and just think through – what could happen if I post this? Do I need to share this information someone? Is this real? How will others feel?</p> <p>This applies not only to sharing content but browsing online too.</p> <p>Ask yourself - does this link look legit?</p>
9	<p><b>There are laws to stop harm online.</b></p> <p>There are laws in New Zealand to keep people safe online – and stop harm online.</p> <p>One of them is called the Harmful Digital Communications Act.</p> <p><b>The HDCA.</b></p> <p>The Harmful Digital Communications Act exists to support all people while being online.</p> <p>It lays out 10 principles that shape and inform how we should interact with each other online.</p> <p>In some cases, breaking these principles (through situations like grooming, harassment, and threats) can lead to severe punishments under law.</p> <p>Netsafe provides a service to help those who are harmed online by giving them advice and support – and help take things to court if necessary.</p> <p><b>If you ever need help, contact Netsafe.</b></p>
10	<p><b>Keep it locked.</b></p> <p>Keep your devices and accounts secure by using strong passwords.</p> <p>It could be an acronym, lyrics from a song you remember, phrases or words from different languages.</p> <p>If remembering passwords is hard, you could use a password manager.</p>
11	<p><b>Keep it private.</b></p> <p>Information like your location, passwords, bank details and even birthdate is sensitive.</p> <p>If it gets into the wrong hands, it can make people more vulnerable to online harm, or identity theft.</p> <p>Check your privacy settings on your devices and social media apps to see if your data is at risk.</p>

12	<p><b>How could we give away this information?</b></p> <p>Discuss with the class (or students can discuss in groups and then share)</p> <p>How could we give away our private information?</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• While filling out forms/making accounts</li> <li>• Buying things online</li> <li>• Through app permissions (location, contacts, camera access)</li> <li>• Through posts on social media (location tags, being tagged in photos, sharing personal situations)</li> <li>• Snapchat Map feature</li> </ul>
13	<p><b>Keep it real.</b></p> <p>It's easy to get caught up in the moment and think that person we have just met online is real. However, <b>not everyone is who they appear to be online.</b></p> <p>It's also easy to see something online (like a cheap thing you want to buy or news) and believe that it's real – despite it being fake. Not everything we read online is reliable or true.</p> <p><b>Picture explanation (if needed)</b> – Picture represents 'catfishing' – which is <b>when someone pretends to be someone else online <u>intending to deceive someone and cause harm.</u></b></p>
14	<p><b>What could go wrong?</b></p> <p>Discuss with the class (or students can discuss in groups and then share).</p> <p>There can be <u>dangerous consequences</u> of falling for things or people that aren't real...</p> <p><b>Some examples</b></p> <ul style="list-style-type: none"> <li>• people can get hurt (falling for fake health pills/remedies).</li> <li>• Scammed (lose money).</li> <li>• Groomed</li> <li>• Threatened</li> <li>• Harassed</li> </ul> <p>If things ever go wrong, you can talk to Netsafe.</p>
15	<p><b>Keep it balanced.</b></p> <p>With the start of the year, you'll be using digital tech a lot more – both in school and out of school.</p> <p>However, we also need to take time to disconnect. Our brains need time to relax.</p>

	<p>You could...</p> <ul style="list-style-type: none"> <li>• Put your phone on do not disturb.</li> <li>• Check wellbeing/screen time settings on your phone (and assign limits)/.</li> <li>• Try learning a new offline hobby.</li> </ul>
16	<p><b>Keep it fun.</b></p> <p>Not everything about the digital world is scary and dangerous.</p> <p>Using digital tech brings so many wonderful opportunities to all of us.</p> <p>We can connect with people, learn new skills, experience new things, and explore the world - while staying safe.</p>
17	<p><b>What can you do when things don't go well online?</b></p>
18	<p><b>Reach out.</b></p> <p>Dealing with online issues by yourself can be overwhelming – they <b>can get of hand very quickly</b>. So, it's crucial to talk to someone and get help.</p> <p>It might be a parent, an aunty, your sports coach or a close teacher – <b>maybe even Netsafe, who help keep people safe online.</b></p> <p>If your school has a peer support group or an online safety group/council, you could talk to those members.</p>
19	<p><b>Keep evidence + report it.</b></p> <p>Keep evidence of what's happening – take screenshots, record any links or keep videos. You could ask your friends to help with this too.</p> <p>Then, report the content. You can report the content to the app provider (like on Instagram, TikTok, Snapchat etc.).</p> <p><b>You can also report to Netsafe.</b></p>
20	<p><b>Got problems online?</b></p> <p>Talk to Netsafe.</p> <p>Netsafe's role is to help keep people safe online. They do this through free support and education. You can go to <a href="https://netsafe.org.nz">netsafe.org.nz</a> for useful resources.</p> <p>If you or a friend are being bullied, dealing with nude images, seeing something suspicious, or just want advice, Netsafe can help.</p>

	<p>Their team of experts offer free, non-judgemental and confidential support.</p>
21	<p><b>4 ways to report.</b></p> <p>You can contact Netsafe through four ways.</p> <p>If you want to get advice without calling someone at Netsafe, <b>head to their website.</b></p> <p>It's filled with information about scams, privacy settings, nudes, online relationships and more!</p>
22	<p><b>Follow Netsafe's socials.</b></p> <p>Follow Netsafe's Instagram page! – They often post tips and advice related to young people. You never know when you might need it.</p> <p><b>Teachers note:</b> If you use Instagram – follow us! We've also got channels on Twitter, LinkedIn and Facebook (@netsafenz).</p>
23	<p><b>Heard of the Netsafe YAS?</b></p> <p>Interested in digital tech?</p> <p>14-20 years old?</p> <p>Insta lover? Netflix binger? Love gaming?</p> <p>Want to lead and help others in your school around online safety?</p> <p>Join the YAS! Check out the link in the picture or @netsafeyas on Instagram to register your interest.</p>