

Year 7 Computing : Autumn 1 e-safety – How do I stay safe online?

Section A

- E-safety- Staying safe online. Making sure that people are protected from harm of using any electronic device for online purposes.
- Email- Is shot for electronic mail. An email is sent from one computer to multiple computers through the use of email addresses.
- Malware- Short for Malicious Software. Malware can be various different programs which will try to do something unwanted to your computer.

Three Main Types of Malware:

- **Virus**- Like a normal common cold a virus spread from one computer to another through programs. It can work by slowing your computer down or in severe cases you could lose all your programs and documents.
- **Trojan**- A Trojan horse will actually pretend to be a useful and safe program but it actually will try and attack your device.
- **Worms**- Very similar to viruses as they do duplicate and spread. However, they can do this hundred and thousands of times and infect other computers in minutes through email attachments.
- **Phishing**- Trying to trick someone into handing over sensitive information through the use of emails.



Protection from online bullying and harassment

Cyberbullying is an extremely unpleasant and upsetting experience. There are several authorised websites that offer advice on how to stay safe online and what to do if Cyberbullying occurs:

- BBC Webwise (www.bbc.co.uk/webwise)
- Childline (<http://www.childline.org.uk>)
- ThinkUKnow run by the Child Exploitation and Online Protection Centre (CEOP) (www.thinkuknow.co.uk)
- The Bullying UK helpline is available on 0808 800 2222, and Childline can be contacted on 0800 1111.

Section B

Mobile Phone Uses- Mobile phones used in today's world allow users to send and receive text messages, emails, photos and video as well as access the Internet, play games, listen to music and many more.

Advantages of mobiles

- Communication
- Good in Emergencies
- Alarms, reminders and notes.

Disadvantages of mobiles

- Cyberbullying
- Spending more time online than with family.
- Sleepless nights and tiredness.
- Talking to people who are not who they say they are



ZIP IT
Keep your personal stuff private and think about what you say and do online.



BLOCK IT
Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT
Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Section C

- Cyberbullying- bullying someone through any use of technology.

Types of Cyberbullying:

- **Harassment:** Using text messaging, instant messaging and email to harass, threaten or embarrass the target.
- **Impersonating someone:** Developing a screen name that is similar to the victim's screen name and then posting rude or hurtful remarks while pretending to be the victim.
- **Creating Websites:** Spreading rumours, lies or gossip about the victim online through websites or blogs.

Ways to Prevent Cyberbullying:

- **Notice:** Recognize if there has been a change in mood or behavior and explore what the cause might be.
- **Talk:** Ask questions to learn what is happening, how it started, and who is involved.
- **Report:** Most social media platforms and schools have clear policies and reporting processes. If a classmate is cyberbullying, report it the school.
- **Support:** Peers, mentors, and trusted adults can sometimes intervene publicly to positively influence a situation where negative or hurtful content posts about a child.