

Digital Life Hacks for
Kids



ARE YOU A DIGITAL WHIZ?

Do you like to game, watch videos or livestreams online?

- | | |
|----------------------------------|---|
| a) Yes, it's the best thing ever | 3 |
| b) Yes, sometimes | 2 |
| c) No, I'm not interested | 1 |

Do you message or talk to friends or family members online?

- | | |
|-----------------------------------|---|
| a) Nope, I only talk face to face | 1 |
| b) Yes, it's my life's purpose | 3 |
| c) I've done it once | 2 |

Have you ever talked to a smart assistant?

- | | |
|--|---|
| a) What's that? | 1 |
| b) Yes, but it didn't understand what I said | 2 |
| c) Yes, it's helpful for finding things out, playing music, telling stories and more | 3 |

How did your score? _____

3-4: Want to master your digital life? Read our tips and tricks to become a whiz online in no time.

5-7: You're fast becoming a whiz at all things digital. This leaflet will help you on your way.

8-9: You might be a digital whiz! But even experts can benefit from our digital life hacks. Read on to find out more....



WHO ARE YOU ONLINE?

What could someone else find out about you, from searching online? There might be:

- Photos or videos of you or comments made about you.
- Information about you in your public profile in apps or games.
- Photos, videos, comments or links that you've shared or questions you've asked online

Other people can form an opinion about you based on what they see about you online.

DIGITAL LIFE HACK 1

Your online identity belongs to you

Search for your name online within speech marks e.g. "Oliver Smith" and see what results come up. Need to delete something posted by someone else? Contact the person who posted it, or report to the app. Make sure family and friends know to ask your permission before sharing photos of you online.

 **SAFE: KEEP YOUR PERSONAL INFORMATION SAFE**



YOUR SOCIAL NETWORK

An online friend is someone you can chat with or follow online. This is not the same as making friends in person. An online friend could be someone you met online or someone you also know in real life. It could be someone you know well or someone you've never talked to. It could even be a bot!



DIGITAL LIFE HACK 2

Choose your social network

**Do your online friends make you feel happy?
Are they trustworthy, loyal and supportive?**

If yes, great! If not, choose others.



MEET: MEETING UP WITH SOMEONE YOU ONLY KNOW ONLINE, EVEN A FRIEND OF A FRIEND, CAN BE DANGEROUS AS THIS PERSON IS STILL A STRANGER.



CYBER RESILIENCE

DIGITAL LIFE HACK 3

Become a cyber quizmaster

How cyber-savvy are your parents or carers? Can they answer the following questions?

1. 'Phishing' is:
 - a) An activity using a rod to catch fish
 - b) Sending a message to trick someone into giving away personal information
2. True or False? *To protect myself from getting a computer virus, I should keep away from anyone who has a cold.*
3. *To ensure my password is secure, it should:*
 - a) Use three random words
 - b) Not include personal information such as a child or pet name
 - c) Be a different password for every service
 - d) All of the above

Answers: 1 b), 2 False, 3 d)

 **ACCEPTING: THINK CAREFULLY BEFORE YOU CLICK ON OR OPEN SOMETHING ONLINE.**



MONEY AND INFLUENCE

Have you ever had to watch an advert before you could play a video or get to the next level in a game? Maybe you've noticed the word 'sponsored' next to an online search result. Or does your favourite vlogger recommend a particular product?

**These are examples of online advertising:
where a company is paid to show their product to you.**

DIGITAL LIFE HACK 4

Influence your influencers

Think about the motives of the people you follow online. Are they trustworthy? Do they make you feel happy and self-confident? Only follow celebrities, gamers and influencers you would recommend to a friend.

R RELIABLE: YOU CANNOT TRUST EVERYTHING YOU SEE ONLINE AS SOME THINGS CAN BE OUT OF DATE, INACCURATE OR NOT ENTIRELY TRUE



HELP!

DIGITAL LIFE HACK 5

Help is at hand

If someone or something online makes you feel upset, worried or confused:

Tell a trusted adult such as a parent, carer, teacher or family friend. If the first person is unable to help you, talk to someone else.

Report the issue to the app, game or website. An adult may be able to do this for you.

You can block someone who is making you feel upset. This means they can no longer contact you online. Check your privacy settings to ensure that only your friends can contact you. A trusted adult may be able to help you with this.

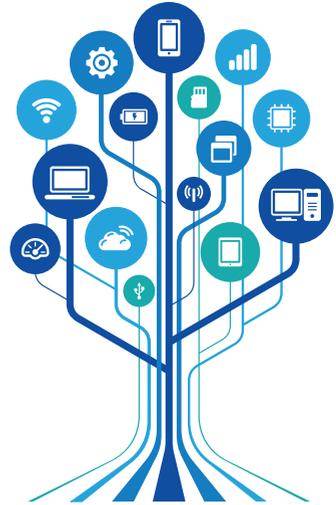
T TELL: TELL A TRUSTED ADULT IF SOMETHING OR SOMEONE EVER MAKES YOU FEEL UPSET, WORRIED OR CONFUSED.



TECHNOLOGY AND YOU

*Do you have a good tech/life balance?
Thinking about being online, have you ever:*

- Learnt how to do something new
- Been inspired by something you've seen
- Had fun with friends
- Given advice to a younger child about being online
- Missed sleep because of being online
- Worried about something you've seen
- Felt pressure to spend money
- Believed something that turned out to be false



DIGITAL LIFE HACK 6

Get a tech/life balance

If your life feels out of balance, make some changes! Digital whiz kids use tech to help them socialise, learn, have fun, be healthy and help others.



SMART RULES CREATED BY CHILDNET

- S** **SAFE:** Keep your personal information safe. When chatting or posting online, don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.
- M** **MEET:** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away
- A** **ACCEPTING:** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.
- R** **RELIABLE:** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.
- T** **TELL:** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or other child support charity/organisation
- ♥** **BE SMART WITH A HEART:** Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



DIGITAL LIFE HACKS

#1 Your online identity belongs to you

Make sure family and friends know to ask your permission before sharing photos of you online.

#2 Choose your social network

Are your online friends trustworthy, loyal and supportive? If yes, great! If not, choose others.

#3 Become a cyber quizmaster

How cyber-savvy are your parents or carers? Can you help them?

#4 Influence your influencers

Think about the motives of the people you follow online. Only follow celebrities, gamers and influencers you would recommend to a friend.

#5 Help is at hand

If someone or something online makes you feel upset, worried or confused, tell a trusted adult.

#6 Get a tech/life balance

If your life feels out of balance, make some changes! Digital whiz kids use tech to help them socialise, learn, have fun, be healthy and help others.



