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## Homework 2 Recap Sheet on E Safety - Year 8

Use this sheet to read up on the material that we covered in e Safety. There are memory questions at the end for you to practice on the topic

### Cyberbullying

Cyberbullying	<p>Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.</p> <p>Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior</p>
How to spot Cyberbullying	<ul style="list-style-type: none"> <li>• People are withdrawn and seemed to have changed i.e. unhappy, spend time on their own</li> <li>• Laughed at by other people</li> <li>• Doesn't show what's on profile / messages etc.</li> </ul>
What to do if you are being cyberbullied	<ul style="list-style-type: none"> <li>• Tell someone like your parent or teacher</li> <li>• Do not respond but keep evidence of what has been said and where</li> <li>• Report it to the website / platform concerned</li> </ul>

### Dangers of Online Grooming

Online Grooming	<p>Grooming is when someone builds an online relationship with a young person and tricks them or pressures them into doing something sexual. We're here to tell you what you need to know to keep you and others safe from online grooming.</p>
Some signs of possible "Grooming"	<p>If a groomer is trying to get you to share sexual images or do something sexual, often they'll:</p> <ul style="list-style-type: none"> <li>• <b>Send you lots of messages</b> This could be really often and they might message you in lots of different ways, for example through Facebook, text messaging and chat rooms</li> <li>• <b>Ask you to keep your conversations secret</b> They might ask you not to tell anyone that you're talking to them and say that it's your 'special secret.' They might also ask you if you trust them</li> <li>• <b>Try to find out more</b> Ask you who else uses your computer or which room your computer is in, to find out if they could get caught by your parents or carers</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Start sending you sexual messages</b> This might be really subtle at first. They could start to say nice things about your appearance or your body or ask things like "have you ever been kissed?"</li> <li>• <b>Try to blackmail you</b> They might try to persuade you to send sexual images of yourself by saying they'll be hurt or upset if you don't. If you've sent images of yourself already, they could threaten to post your images online or show them to people you know if you don't send them more.</li> </ul>
What to do if you think you are being groomed	<p><b>Ask the person to stop</b> As a first step, you might want to deal with the situation yourself. You can ask the person to stop - tell them you don't feel comfortable sending sexual images of yourself.</p> <p><b>Tell an adult you trust</b> If the groomer keeps talking to you, it may be best to tell an adult you trust or report them. Telling someone can seem really scary and you might feel like you'll get in trouble. It could also feel embarrassing. But telling someone can really help you start to get out of a bad or uncomfortable situation.</p> <p><b>Report it</b> You can report an adult or stranger if they've sent you a sexual message, asked you to send them a sexual message, sent anything that makes you feel uncomfortable or asked you to meet up with them.</p>

### Dangers of Sexting

Sexting	Sexting is the sending or receiving of nude or sexually provocative photos or videos, usually by text message or other digital technology
Dangers of sexting	<p>It is illegal to take, possess or share indecent images of anyone under the age of 18?</p> <p>You can be prosecuted and placed on the sex offenders register.</p>

**Recall questions on the topic**

1. What is cyberbullying?
2. List three signs that might indicate cyberbullying is going on
3. List three actions you should take if you think cyberbullying is going on
4. What is online grooming?
5. List 5 indicators of possible grooming
6. List 3 actions you can take if you think you or someone else is the victim of grooming
7. What is "sexting"?
8. What does the law state about sexting?