

Beware of compromising private photos and videos



- Do NOT take private compromising photos. Somebody can copy, manipulate and distribute them for years on the Internet.
- Do NOT share photos or videos with unknown people and beware of those who are acquaintances and friends. They can stop being so.
- If somebody asks you to send them this type of photos and videos, tell your parents.
- Never accept blackmail.
- Report any bullying situation.



MAKE A HEALTHY AND RESPONSIBLE USE OF IT



**Fundación
MAPFRE**

This material is aimed at young people from
**3TH AND 4TH GRADE
OF PRIMARY SCHOOL**

LOGGING OFF



Logging off is a project from **Fundación MAPFRE** aimed at educating young people on the importance of acquiring the right habits for a healthy and responsible use of Information Technologies that leads to a good digital health and identification of risks and dangers of IT misuse.

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HOW TO AVOID INTERNET MISUSE?

Protect your digital identity



- Keep your **profile private** on social networks so that only your friends can see your information.
- **Do NOT show personal information** (home address, phone number...) on the Internet.
- **Be careful with your posts** on the Internet. Remember that the Internet has a memory.

Use security methods



- **Use safe and complicated passwords** (at least 8 characters with upper and lower case letters, numbers, symbols and special characters)
- **Cover your webcam** when you are not using it and use it only with people you know.
- **Install an antivirus** in your electronic devices.
- **Disconnect the GPS.**

Think before clicking



- On the Internet there is **inappropriate content for you age** and **illegal** contents that, only by accessing them, you would be committing a crime.
- No matter the content, **advise your parents.**
- Check that the **URL** always starts with "https" and that it's preceded by a locker symbol.

Do not trust unknown people



- On the Internet not everybody is who they say they are, **do NOT trust.**
- Do NOT accept **friend requests** from unknown people.
- Do NOT be too **curious**, it can entail **risks.**

Stay safe in online games



- Do NOT provide with **personal data** and keep sessions in private mode.
- If you play online games, **do NOT trust** people who give you things for free or try to help you.
- Be specially careful with **micropayment** systems on games.

Check your apps



- Download **apps ONLY** from **official** sites.
- Do NOT trust **free** versions.
- Keep your apps **updated.**

Do not let your phone control your life



- If you notice that you need to be always online, you are actually becoming a **tech addict** and you have a problem.
- Make a difference between **use, abuse and addiction.**
- Ask for **urgent help** to your parents, teachers or tutors.
- **Limit** the time you spend **online.**
- Practice **sports and other leisure activities** different from the Internet.

Beware of traps on the Internet



- Do NOT trust **bulk messages** of unknown senders, they may be spam, misleading advertising or chain messages.
- **Be careful with online communities.** There are communities that discuss inappropriate or dangerous topics. If you notice something weird, report it to an adult.

HOW TO AVOID DANGEROUS SITUATIONS?

CYBERBULLYING

To humiliate, assault, insult, isolate or blackmail a classmate intentionally and repeatedly through IT.

- In cyberbullying, the participants are the victim, the aggressor and the witnesses.
- The victim does not relax, no matter the time or the place.
- Cyberbullying expands quickly, it gets seen by more people and cannot be forgotten easily.
- The aggressor can be hidden behind a fake username.

REPORT CYBERBULLYING

If you are a victim, talk to your parents or tutors. Do not be afraid of asking for help. Keep all the evidence. ✓✓

If you are a witness, do not keep quiet, report it to an adult. ✓✓

Do not participate, by any means, in the aggression. ✓✓



Grooming: An adult that pretends to be a minor to become your friend and cheat on you to get something from you, usually with sexual purpose.