

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 kind of photos or videos, tell your parents.
- Never accept **blackmail**.
- Report any **bullying** situation.
- When you receive compromising private photos of others, tell an adult and **delete them from your device**.



MAKE A HEALTHY AND RESPONSIBLE USE OF IT



This material is aimed at young people from

5TH AND 6TH 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** in social networks so that only your friends can access your personal 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.
- **Check and verify the information**. Not everything you find online is true.

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**.
- **Check the apps' permissions** before downloading them and always tell your parents in advance.

Do not let your phone control your life



- If you notice that you need to be always online, you are 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. **Sending spam is illegal**.
- **Be careful with online communities**. There are communities that discuss inappropriate or dangerous topics. If you notice something weird, report it to an adult.
- Do NOT participate in viral challenges that can be dangerous for you.

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.



Sexting: Sexual or erotic content footage (photos and/or videos) sent voluntarily through IT.

Sextortion: when somebody threatens another person to send out their compromising photos or videos with sexual content to somebody else or to the public.

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