RUSAFE? Protecting Yourself in Cyberspace Video Discussion Notes – <u>Grades K-5</u>

1. Are you alone when you are on the internet?
No – millions of people all over the world are using it.

2. What is cyber bullying?
Using the internet to: embarrass, tease, scare, spread rumors/lies, make threats.

3. Why do people use cyber bullying?
They think people do not know who they are.
They think they can get away with it. Not true – some information/actions are illegal.

4. What are some things we should not do on the internet?
Do not: spread rumors, give out your password, pose for pictures or pass along hurtful messages (delete them).

5. How would it make you feel, if someone sent a hurtful e-mail about you?

6. What should you do, if you receive cyber bullying information?
Get help from your parent or teacher, keep the evidence, do not pass it along, and ignore future e-mails by not opening them.

7. What is some of the information you should not post on the internet?
First & last name, address, phone number, home town, name of school, schedule of activities, hobbies, age, team name and pictures.

8. Why should you not post personal information on the internet?
You are giving this information to complete strangers all over the world.
Once the information is on the internet, you cannot take it back.
Predators can use your information to trick you into interacting with him/her to do you harm.

9. What should you do, if someone on the internet asks to meet you in person?
Do not meet him/her. There is no reason to meet someone you have met on the internet.
Tell your parent or teacher.

10. What should you do, if you receive e-mail that makes you feel uneasy, nervous, scared or grossed-out?
Tell an adult.
Save the evidence, in case legal action is taken against the person sending it.
Do not forward it, as it could be illegal and you could get into trouble.