

# Online life is real life

KNOW YOUR MEDIA!

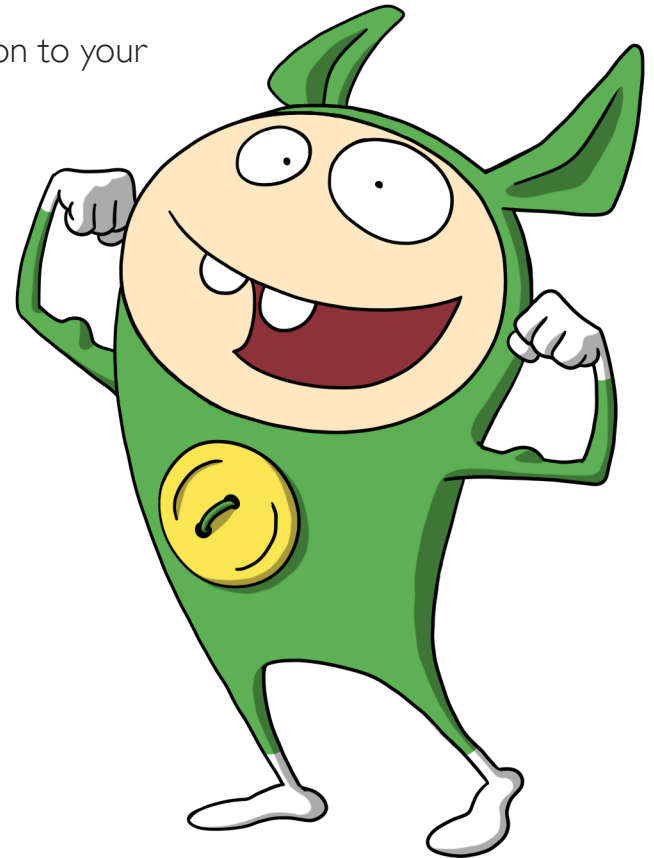


**Pelastakaa Lapset - Rädda Barnen**

Save the Children

# YOU HAVE RIGHTS!

- ▶ You can get more out of the internet when you hold on to your rights and behave responsibly online.
- ▶ Practically everyone can access the internet and practically everyone can also upload content online. You are one among very many.
- ▶ It is important to hold on to your rights – both online and in other areas of life!
- ▶ Take care of your friends too!



# YOUR VOICE IS IMPORTANT:

You are entitled to share your opinions and ideas online and offline. You can publish photos, written material, music - anything, as long as you don't violate other's rights.

Bear in mind that:

- ▶ What is published on the internet is permanent – think about what you put on the web!
- ▶ Behave online the same way as in real life.
- ▶ Good manners always work best.
- ▶ Tell your family about your online life.



You can teach adults about using the web.

When you use the internet behave the way you do in real life. The basic rule is to treat other people the way you would like them to treat you. It is good to remember that things put on the web are there permanently and can be spread around: it may not be possible to control the information, photos or videos you publish. Anyone can copy and distribute them – including for completely different purposes. Everything you publish online today can be read tomorrow, and maybe even after 10 years! What sort of picture of yourself do you want to give? Tell your parents about your experiences online, like you do about other things. Include your parents in your online life.

## BULLYING IS NOT A CHILD'S PLAY:

- ▶ Bullying is wrong – don't put up with it at all.
- ▶ Save all bullying messages
- ▶ Tell an adult.

You have the right to be the way you are. No one has the right to offend your integrity or reputation. Bullying, cheating or harassment must not be tolerated. If you get bullied or get other strange and upsetting messages, save all documents, messages, pictures, discussion in case they are needed as evidence for an investigation. You are not responsible for what someone else is doing or sends you. Don't reply to strange messages. If a discussion online or on the phone feels inappropriate or weird, trust your instincts: cut off any such discussion, exit immediately.



Take care of your friends  
in this too!

## KNOW YOUR MEDIA

- ▶ Don't be fooled. Don't believe everything that you are told on the web.
- ▶ Check who has published the info on the web and why.
- ▶ Get hold of information from newspapers, television, books – and granny!

Do you believe everything you find, hear, see or meet online? Anyone can write or create contents on the internet. It is sometimes hard to distinguish between true and false information or know who you are chatting with.

Do not believe the first search result you see! With some networks or websites it is worthwhile checking who or what is behind them. Check whether what you find is factual, someone's opinion or perhaps an advertisement.

# DO YOU FEEL THAT YOU PLAY OR HANG OUT ON THE INTERNET TOO MUCH?

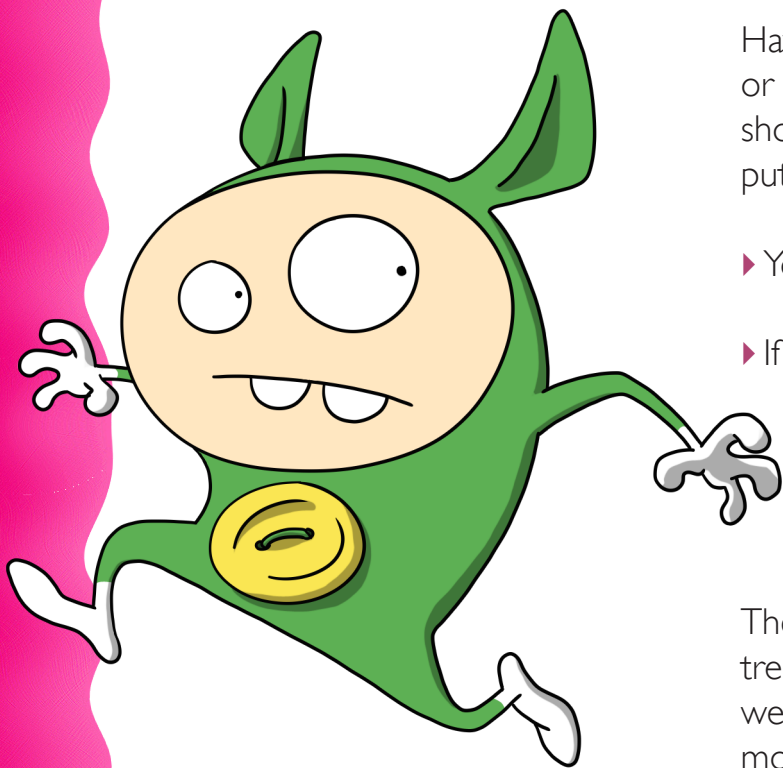
## ADDICTION?

You can avoid internet or gaming addiction when you:

- ▶ Take care of your friendships
- ▶ Attend to your homework
- ▶ Eat healthily and variedly
- ▶ Get enough sleep

If you find that something is lacking in any of these points, you can easily remedy the situation simply by paying attention to it. But if the situation makes you feel concerned, you should talk to a trusted adult about your problem.





## HAVE YOU SEEN SOMETHING DISGUSTING ON THE WEB?

Have you come across something online that is sickening, frightening or distressing? Don't bother with offensive or shocking material. You should exit offensive websites immediately, and switch off the computer, if nothing else helps. Protect yourself!

- ▶ You do not have to look at anything that is sickening or frightening
- ▶ If all else fails, close the browser and the device
- ▶ Talk to an adult about what you have experienced
- ▶ If necessary seek help and support.

There are a lot of things online that can make you afraid and distressed. This is perfectly normal. Anyone anywhere can write for the web or publish things. There are also a lot of false beliefs and rumours circulating on the web. Sometimes an online community discussion can become distorted and being involved can make you your own worst enemy. Feel free to talk about things with a reliable adult.



If anything worries you,  
talk to an adult.



## FIND OUT HOW TO:

- ▶ Reject messages from the sort of people you don't want to contact you
- ▶ Change privacy settings on community pages
- ▶ Delete your history so that others do not see what sites you have visited
- ▶ Bookmark web pages
- ▶ Reject spam and advertising messages that you do not want to receive and find out how to change filter settings
- ▶ Reject and flag bullies and other trouble makers
- ▶ Seek help if you run into problems.

**Take care of your friends too!**



Think first before you publish anything online. Things published online may remain on the internet forever.

## ONLINE FRIENDSHIP SAFETY TIPS:

- ▶ Safeguard your rights. You are not allowed to be hurt or bullied, including on the internet.
- ▶ Don't be too outspoken. Think about who sees the texts you write or the photographs you publish online!
- ▶ If you do not know an online friend in real life, do not be too trusting. Do not go alone to meet an online friend.
- ▶ If you suspect something, trust your instincts. No one is allowed to pressure, force or blackmail



**ENJOY YOUR ONLINE LIFE - SAFELY!**

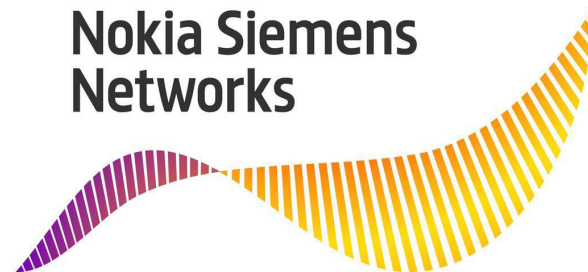
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