

The Importance of Online Safety

Stat: 60% of teens in 2023 reported experiencing some form of online harassment (Source: Pew Research Center, 2023).

Why Online Safety Matters:

- It protects your personal information from being misused.
- It helps you avoid cyberbullying and unwanted interactions.
- It allows you to engage in positive online communities safely.



Common Digital Threats and Risks

Online harassment includes cyberbullying, doxxing, and trolling.

- **Cyberbullying** is the use of digital platforms to harass, threaten, or humiliate someone repeatedly.
- **Doxxing** is the act of publicly sharing someone's private, personal information online without their consent, often to harass or intimidate.
- **Trolling** is the act of deliberately posting provocative, offensive, or disruptive messages online to elicit a strong reaction or cause distress.

The impact of online harassment on people can include emotional distress, anxiety, and potential offline safety concerns.



Common Digital Threats and Risks

More advanced online threats and risks can include:

- **Phishing:** Fraudulent attempts to obtain sensitive information.
- **Identity theft:** Stealing personal information to commit fraud.
- **Cyberstalking:** Using the internet to stalk or harass an individual.
- **Data breaches:** Unauthorised access to personal data

Did you know?

1 in 3 young people encountered a fake profile in 2023
(Source: Norton Cyber Safety Insights).

In order to protect yourself from these online threats and risks, you can:

- **Recognise suspicious activities** - Be wary of unsolicited messages asking for personal information.
- **Use strong passwords** - Use unique passwords and enable two-factor authentication.
- **Manage privacy settings** - Keep personal details private and be cautious about sharing information online.

Understanding Privacy Settings



Why Adjust your Privacy Settings?



To control who sees your posts, who can interact with you, and what information is publicly available.



Pro Tip:
Always review privacy settings when apps update!

Platforms to Focus On:

Instagram: How to make your account private, control comments, and block users.

TikTok: How to change privacy settings, enable restricted mode, and limit interactions.

Scenario: Online Privacy Breach

Scenario

A 17-year-old shared personal photos on a public profile. The photos were misused by others, leading to harassment.



What Happened

The user experienced anxiety and stress due to the misuse of their images.



Outcome

They contacted the platform's support, reported the misuse, and made their profile private.

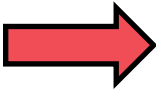





Lessons Learned

Always think before sharing, and adjust privacy settings to avoid similar situations.

How to Report Online Harassment

Steps for Reporting:

-  **Document the Incident: Take screenshots.**
-  **Report Directly to the Platform: Most platforms have a report function.**
-  **Block the User: Prevent further interaction.**
-  **Seek Support: Reach out to trusted friends or family.**



Pro Tip:

Reporting isn't "snitching"—it's self-protection.

How to Identify a Threat?

Suspicious links, messages from unknown users, too-good-to-be-true offers.

Real-Life Story: Overcoming Online Harassment

Case Study: A young gamer faced continuous harassment in online forums.

Action Taken: They used the platform's reporting tools, joined a support group for gamers, and shared their experience to help others.

Impact: Their story led to better moderation practices in that forum.



What is “Looksmaxxing”?

Definition:

A harmful online trend that promotes excessive focus on physical appearance, often encouraging cosmetic changes and unrealistic beauty standards.

Why its Harmful?

It can create insecurities, affect self-esteem, and lead to unhealthy behaviours.

Example:

Popular forums where young people discuss extreme ways to “improve”

Watch this video to learn more...

Did you know?
45% of young people felt increased pressure to change their appearance due to trends like "looks maxxing" in 2023
(Source: Mental Health Foundation, 2023).



How to Identify Harmful Online Trends

Red Flags to look out for...



Promises of instant transformation.



Emphasis on appearance over well-being.



Encouraging cosmetic procedures or extreme diets.

Reflection:

Have you seen these trends online?

How did they make you feel?

Tips to Stay Grounded:

- Remember: Social media often shows the "highlight reel" of people's lives.
- Focus on self-acceptance and celebrate what makes you unique.
- Limit exposure to accounts that make you feel pressured or anxious about your appearance.

Scenario: A Story of Resilience

Scenario

A young influencer shared their journey of moving away from appearance-focused content to promote self-acceptance.



Result

They gained a more supportive and positive following.



Key Takeaway

Shifting focus from appearance to values can improve online experiences.