

# IMPACT OF TECHNOLOGY



**Where to get help**  
 Talk to a trusted adult  
<https://www.ceop.police.uk/Safety-Centre/>  
<https://www.childline.org.uk/>

**Social media settings**

- Profiles should always be set to private
- Profile images should not reveal locations.
- Profile images should not be easy to recognise; it is much better to use a picture of a pet or a cartoon character.
- Don't reveal locations — this makes it easy to find out where you are.
- Making your date of birth public makes it easy for hackers to steal your personal information and set up fake accounts in your name.
- You should never reveal your phone number, email address, or home address on a public site.
- You should never reveal your current location on social media.
- Putting your full name, including a middle name, makes it easy for someone to steal your personal information. Always use a nickname or shortened version of your name.

Cyberbullying is the similar to bullying that tends to occur online.  
**Cyberbullying** can come in many forms. Some examples are:

- Threatening someone to make them feel scared
- Harassing someone by repeatedly sending them messages
- Ruining somebody's reputation
- Excluding someone from a group
- Stealing someone's identity and pretending to be them
- Publicly displaying private images or messages

**Do you really want to send that?**  
 Think before you click.  
 It is easy to send comments from the other side of a screen.  
 It is not easy to then remove them.  
 Actions need to be considered before mistakes are made.

**Using technology appropriately, carefully and positively leads to positive digital citizens.**  
**Digital citizenship** refers to the responsible use of technology by anyone who uses computers, the Internet, and **digital** devices to engage with society on any level.

**Secure passwords**  
 No one should be able to guess/work out your password.  
 Current government advice is to use 3 random words

**PASSWORDS**  
 are like underpants



## Key Words

audience	The people you are communicating, presenting information to
catfishing	A person pretends to be someone they are not.
collaboration	Working effectively together
Digital tattoo/ Digital footprint	Online reputation that is permanent
email	A tool for online communication
hazards	Areas/items that could cause damage or injury
network	Where devices are connected together usually by cable or Wi-Fi.
password	A way to ensure no one access your data or information
respect	Be mindful of how you are responding to others
secure	Making sure your online information is safe