

E-safety Year 7 Learn sheet



E-safety is about ensure you remain safe while using any form of electronic communication. This includes smart phones, Tablet and the internet.



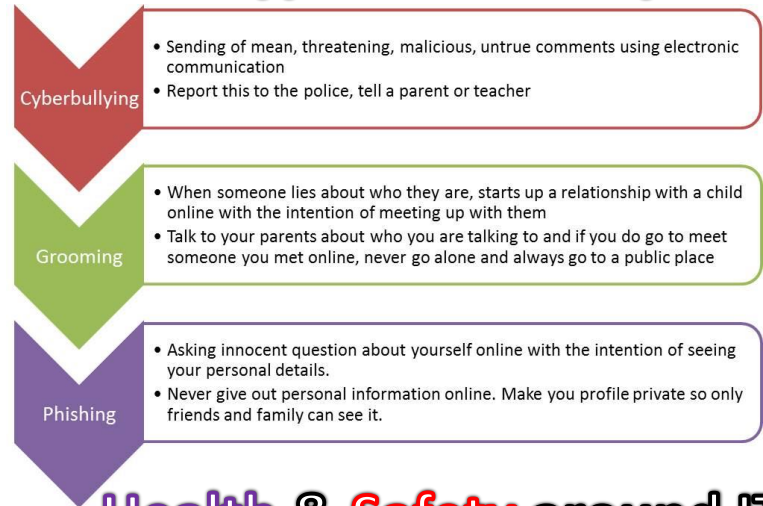
Extremism	The act of voicing your views online and through other forms of electronic communication
Radicalisation	The process of persuading a venerable person into joining a group or a way of thinking by convincing them that the way they thought before is wrong as well as lying to them and making false promises



Digital footprint: A trace of all your digital activity on social media platforms
Employers can use this to research the type of person you are.

- Digital footprints can be used to great affect, as people demonstrate their skills and knowledge online for the world to see.
- Some people have create a negative digital footprint by posting comments or pictures that get them into a lot of trouble with friends or work.

Types of e-safety



Cyberbullying

- Sending of mean, threatening, malicious, untrue comments using electronic communication
- Report this to the police, tell a parent or teacher

Grooming

- When someone lies about who they are, starts up a relationship with a child online with the intention of meeting up with them
- Talk to your parents about who you are talking to and if you do go to meet someone you met online, never go alone and always go to a public place

Phishing

- Asking innocent question about yourself online with the intention of seeing your personal details.
- Never give out personal information online. Make you profile private so only friends and family can see it.

Health & Safety around IT

Health: this concerns your own individual physical and mental health when using IT

Safety: This concerns everyone's safety when using IT

- Electrical sockets should not be overloaded
- Bags and obstacles should be stored out of the way so that people can't trip over them
- Food and drink should not be placed near a machine
- Ensure there are no trailing wires across or around the room which people could trip on
- Eye strain-Take regular breaks - at least 5 minutes break every hour
- Eye strain- Use a screen filter
- Back pain-Use a fully adjustable chair. The height of the chair and the seat position should be easy to change.
- Back pain-Sit with the back straight and the head up, don't slouch
- Repetitive Strain Injury (RSI)-Five minute break from typing at least every hour