

COMMUNICATE SAFELY

PRIVACY
ON THE INTERNET



DIGITAL INFLUENCERS

SOCIAL
MEDIA



COMUNICAR
EM SEGURANÇA



INSTAGRAM

SNAPCHAT

FACEBOOK TWITTER

TIKTOK

STORIES YOUTUBE

PINTEREST

INFLUENCERS

REELS

**HOW TO USE
SAFELY?**

PRIVACY ON THE INTERNET SOCIAL MEDIA AND SHARING NETWORKS

The Internet, social media, sharing networks or messaging are the way young people communicate. It will always be a difficult, if not impossible task for adolescents not to use these sites. Being adolescence a phase of affirmation and personality building, where sharing and belonging to a group is so important, the use of technological devices and social networks is natural for teenagers. Through the Internet, communication can be easier, there is greater acceptance by the group and it is possible to create a larger network of contacts.

We often see that social networks are a virtual extension of teenagers' lives, and it is difficult for them to understand some concepts like privacy or personal information sharing. For many young people, everything can be shared with the world, because they can also access the world and other people through Social Networks and the Internet.

If for adults it can be difficult to live without the Internet, let's think about the young people who were born into this generation. In fact, they can't live without the Internet, and we can see how they become moody, anguished or anxious when, for example, there is no Internet at home, or when they are somewhere without WiFi.

The Internet has very positive aspects but, as everything else, an excessive and incorrect use of the Internet and Social Networks can lead to negative consequences. It is essential that young people know the existing dangers and have the knowledge and skills that allow them to use these types of websites in the best possible way. It is a generation driven by the number of followers, likes, shares, photos, that does not understand the concept of privacy, that considers relationships or the sharing of intimate photos online a natural thing.

Young people need to be aware of how careful they must be when sharing information, as in the case of photographs or videos; they must realize that the world of Social Media is a “pink world” and a business where Influencers, Instagrammers and Youtubers earn money with likes and views.



HINTS / SUGGESTIONS



Always have private profiles on Social Media.

Limit personal information/data on Social Media.

Do not accept unknown friends or followers

Be careful with photographs and videos posted on the Internet

Profiles are private, but the Internet is public. The moment we post a photo, video or comment on the Internet, it will be there forever.

Warn about sharing personal/intimate photos and videos

From the moment the photos/videos are sent, the recipient can do whatever they want with them.

Online conversations

Warn teenagers not to respond to unknown messages or requests for personal information. Block or report such users.

Keep personal data and information private or blocked on Social Media.

Social Engineering uses that type of data.

Fake profiles

Inform that they exist and that it is very difficult to recognize them. Therefore, only accept as followers people you really know.

Online harassment/grooming

Explain to children and teenagers that the Internet and social networks can be used by malicious people to get in touch and access their image by sending photos.

Social networks are not a diary

You don't need to post everything you do in your daily lives.

Encourage your children to talk to you

in case something happens on the Internet that bothers them.

Check the SN Privacy Settings with your children.

Call the Online Safety Helpline 800 21 90 90 (free call).

STAY ALERT

Nervousness when there is no access to the Internet.

Checking social media when getting up and going to bed.

Anxiety when not having the mobile phone.

Using the phone and social networks even when being with friends.

Feeling sad because of not having likes or views.

Preferring to communicate with friends and family through social media rather than face-to-face.

Feeling the need to share every daily moment.

Thinking that other people's life is better than yours, according to what you see on social media.

Social networks can be one of the means for practising cyberbullying -

One must be aware of the creation of false profiles with the intention of humiliating or the creation of groups on WhatsApp.

ACTIVITY PROPOSAL

The aim of this activity is to provide resources that allow for reflection on the topic of Social Networks.

QUESTIONS

01 Why do you like social networks like Instagram, TiKTok or YouTube?

02 How much time per day do you spend on the Internet?

02 Why do you use social networks?

04 Do you consider yourself online dependent?

03 Why do you post?

10 Have you ever been bothered by something you saw or that happened to you on the Internet?

04 Why is it important to have likes or views?

11 If you see a situation of Hate and/or cyberbullying on the Internet or on the social networks you follow, what do you do?

05 To what extent do likes and comments interfere with your life?

12 And, if you are the victim of a cyberbullying situation, what do you do?

06 Do you know every follower of your accounts? How do you decide that certain profiles can follow you?

07 What do you do when someone tries to contact you?



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ONLINE **SAFETY HELPLINE**

800 21 90 90

PROJECT



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