

Module 4 - My Respectful Future Self

Online Safety Tips - staying safe online

In this module, you learnt about the topics: gender and sexuality. You explored diverse gender and sexual identities and learnt about the importance of being respectful. You completed activities that explained what pronouns are and why they are important to get right, and the meaning of LGBTQIA+. You also looked at different things you can do to stay safe online.

You may choose to use the internet to:

- Find out about events for young people
- Join an online group or discussion forum
- Join a gaming community
- Chat to people on social media apps

To make sure you're always taking steps to protect yourself:

- Update your privacy settings on all accounts to limit who can see information about you and contact you
- Don't share personal details like your full name, address, or phone number
- Don't tell anyone which school, church, gym or anywhere else you go to
- Make online friends that are similar age to you
- Remember that people are not always what they seem online
- If someone is sending you nude photos or videos or asking you to, talk to an adult immediately
- If you think someone's profile is fake and you aren't sure if you can trust them, Google reverse image search to check if their profile image is used elsewhere
- If you feel uncomfortable physical feelings like pain in the tummy, or goosebumps, tell an adult immediately