

1	E-Safety	The safe and responsible use of technology. This includes the use of the internet and also other means of communication using electronic media (eg text messages, gaming devices, email etc).	6	Passwords	A strong Password should have: <ul style="list-style-type: none"> ● Capital & lower case letters ● Number ● Symbol ● Be more than 8 characters long
2	Digital footprint	A digital footprint – sometimes called a digital shadow or an electronic footprint – refers to the trail of data you leave when using the internet. It includes websites you visit, emails you send, and information you submit online. A digital footprint can be used to track a person's online activities and devices.	7	Online grooming	When a child is groomed online, groomers may hide who they are by sending photos or videos of other people. Sometimes this'll be of someone younger than them to gain the trust of a "peer". They might target one child online or contact lots of children very quickly and wait for them to respond.
3	Social networking	Social media is the use of websites and applications that enable users to create and share content or to participate in social networking	8	Echo chamber	An environment where a person only encounters information or opinions that reflect and reinforce their own.
4	Warning signs of online grooming	Signs a child is being groomed include: <ul style="list-style-type: none"> ● sudden changes in behaviour, such as spending more or less time online ● spending more time away or going missing from home or school ● being secretive about how they're spending their time, including when using online devices ● having unexplained gifts, big or small ● misusing alcohol and/or drugs ● having a friendship or relationship with a much older person ● developing sexual health problems ● using sexual language you wouldn't expect them to know ● seeming upset or withdrawn ● mental health problems 	9	Social media versus reality	Social media can negatively affect a person's self-perception and mental health. This is caused by comparing ourselves to unrealistic images on social media of what we believe we should look like. This can then lead to dissatisfaction with our appearance and self-perception.
			10	Privacy settings	You get to choose who can see your information, you are usually given the following choices: Public Anyone can see your profile and anything you post, they do not have to be your friend. Friends only Only friends that you have accepted or have accepted you will be able to see your profile. Friends of Friends Again your friends will be able to see your profile however any of their friends will also be able to see this. Only Me No one else but yourself will be able to see your profile or anything you post
5	Cyberbullying	When someone uses technology to harass, threaten, embarrass, or target another person. It happens on devices like smartphones, computers, tablets, and gaming systems.	11	Troll	Someone who posts inflammatory, or off-topic messages in an online community with the primary intent of provoking readers into an emotional response or disrupting normal on-topic discussion

