

# Introduction to internet safety

**Session Overview:** This session will provide those who are new to the internet with some practical tips to stay safe online, including how to create safe passwords, avoiding scams, how to safely download and what to do if you suspect something is wrong.

**Learning Objectives:** For learners to feel safer using the internet after this session, and to learn how to protect themselves online.

**Activities:** There are two resources on the Be Connected website to print for this session. Print enough copies of the *Password activity* and *Staying safe online* for each learner. Access to headphones will also be useful during this session.

**Timing:** This session should run for 90 minutes, however this is approximate. You can also introduce breaks for learners at any point.

**Tip:** It's common for learners who are new to the internet to have significant and wide ranging fears about safety, privacy and appropriate use of the internet. In this session, aim to reassure learners and give them a better awareness of the reality of risk versus what can be exaggerated in the media.



	Timing	Activity	Assessment
Beginning the session	5 minutes	<p>Discuss Learning Objectives</p> <p>Ask learners to write down on a piece of paper how safe they feel online, using a scale of 1-5. Tell them they only have to share this with the group if they want to.</p> <p>On a separate piece of paper, ask learners to write down if there is anything in particular they feel less confident with when it comes to online safety.</p>	For this session, learners all start with the same action (watching the video of Martin on the Be Connected site).

	Timing	Activity	Assessment
Watch the video of Martin	10 minutes	<p><b>Individual activity</b> (headphones) Ask learners to go to the Be Connected website and in Topic library choose 'Safety First'.</p> <p><b>Group activity</b> (projector or larger screen) Watch the video with learners on a larger screen. After watching the video spend a few minutes recapping the key points of the video - eg. what Martin was worried about, and how his son reassured him.</p>	Learners may wish to watch the video individually, using headsets. However, less confident learners may want to watch the video as a group
Be Connected course	35 minutes	<p>Ask learners to start working on the Be Connected courses in the <i>Staying safer online</i> topic.</p> <p>Explain that they should start with the activities most relevant to what they said they felt less confident with when it came to internet safety (at the beginning of the session).</p>	<p>Allow learners to work through the course at their own pace.</p> <p>Consider walking round the room asking learners how they are getting on with the courses, as they may need reassurance or want to ask questions.</p>
Password activity	20 minutes	Hand out copies of <i>Password activity</i> to the learners and ask them to follow the instructions	This activity is one which is ideally done in pairs or small groups.

	Timing	Activity	Assessment
Session review	15 minutes	<p>Hand each learner a copy of <i>Staying Safe Online</i> for learners to take home with them.</p> <p>Ask learners to think about how they rated their confidence at the beginning of the session. Has that number increased? Ask learners to share with the group if they feel comfortable.</p> <p>Ask learners:</p> <ul style="list-style-type: none"> <li>Can everyone remember one thing they can do to be safer online?</li> </ul>	This is a chance for learners to reflect upon what they've learnt and if their confidence has improved.

