



iDemocracy



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ACTIVITY 3

ID.0.3.1. A safe and trusted online environment

Module 0. Digital Skills

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Summary

What we will talk about:

- Privacy settings.
- Protecting your information.
- Preventing major risks.
- What to do when you have a problem.



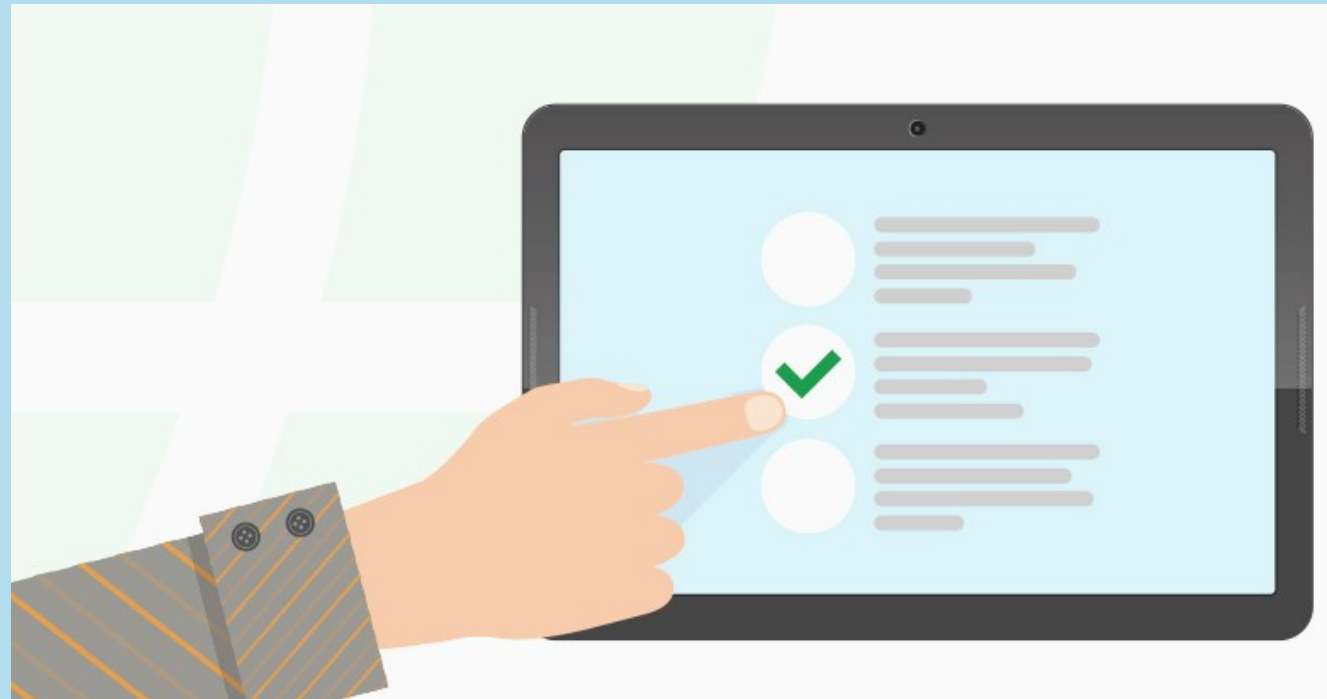
The importance of privacy

Privacy is important because it ensures control over your personal life, respect of your individual wishes or thoughts.

Privacy also ensures the care of social relations and confidentiality

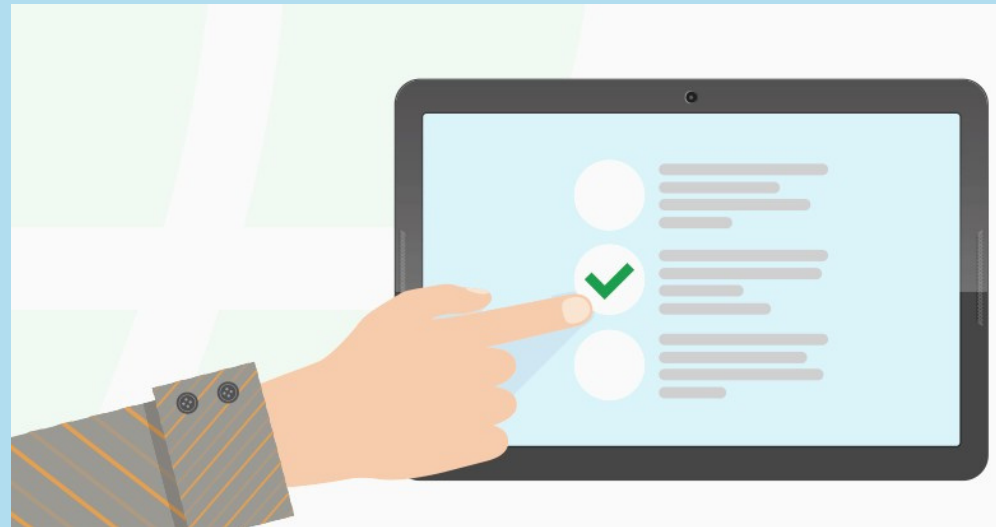


What to do



Check in the tools menu
the privacy settings on your computer,
phone and browser.

What to do

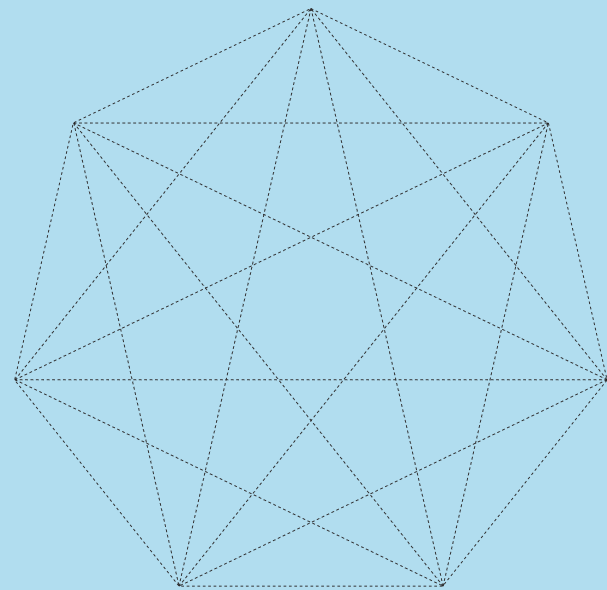


Beware of cookies.

Cookies are the data used to locate your computer or smartphonewhen you enter a website.

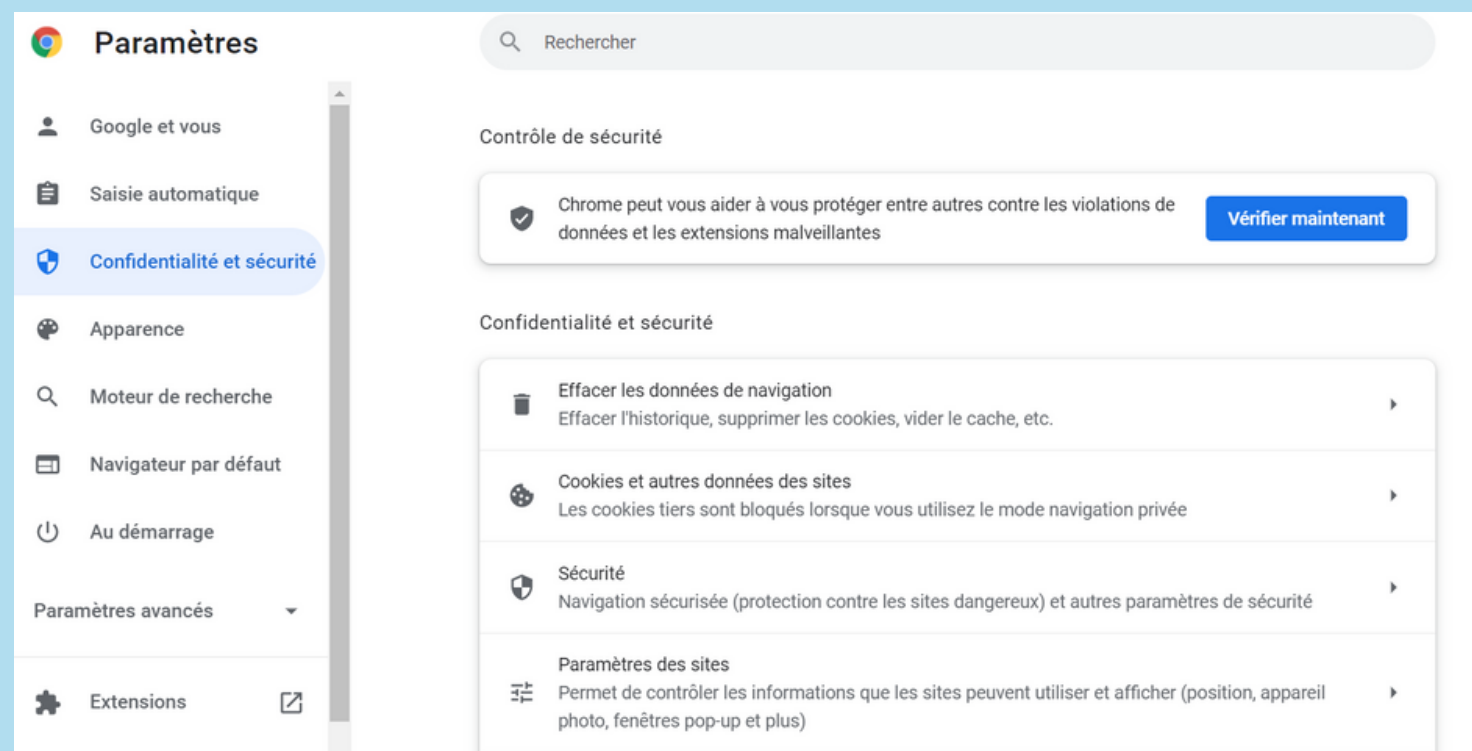
You can disable cookies
in your browser settings.

What to do



On social networks, go to your privacy settings and choose who can see your profile, your photos, posts, personal information and more.

Practical activity



0.3.1A. Steps to check privacy.

Main problems and what to do

Sharing too much information.

When you share too much information
you think you are safe
but you're not.



It's not good to share your traveling plans, bank details,
your address, email or phone number.

Main issues and what to do

Logging in on public sites.

When using a public wifi network or computer, do not save your login details and always log out.



Main issues and what to do



Outdated information.

Always close old accounts
that you no longer use.

Main issues and what to do

PASSWORD



Use a strong password
that is difficult to guess.

When thinking of a password

mix letters, numbers and characters.

For example, this is a strong password: Proj3cT!

Main issues and what to do

Virus.



Virus can spread through web links.

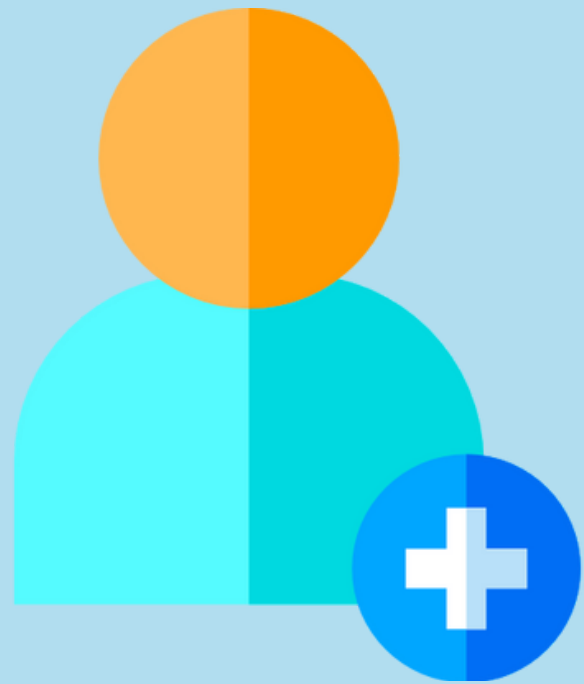
Make sure the link you click on is trusted.

When you enter a website

check there is a lock symbol

in the address bar.

Main issues and what to do



FRIEND REQUESTS

Don't accept requests from unknown persons.

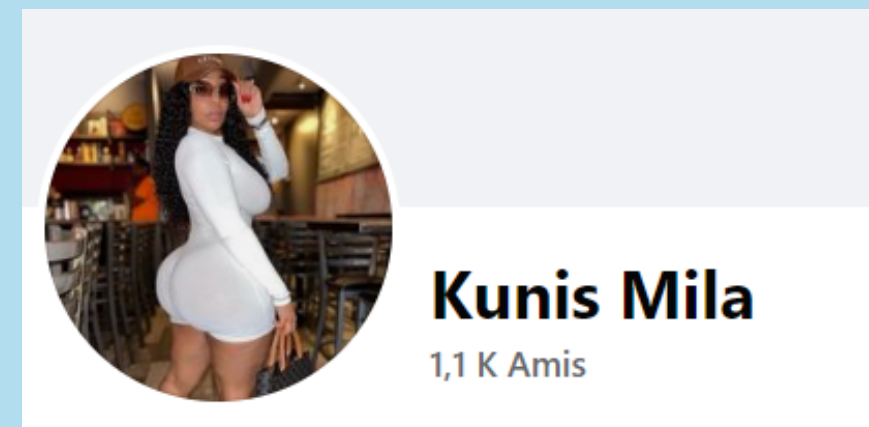
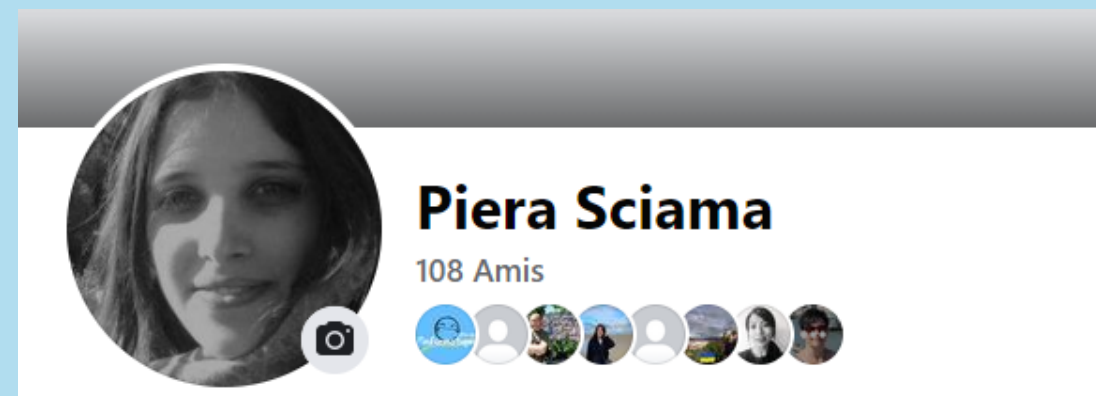
Don't accept suspicious profiles.

This way you reduce unwanted risks.

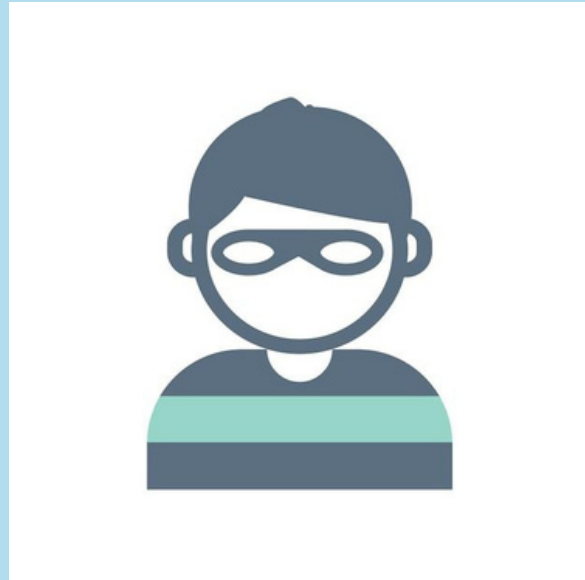
Practical activity

Which of the following profiles is suspicious?

Why do you think it is suspicious?



What is identity theft?



Identity theft is when someone uses your personal identity to do something.

For example, a person log into your account and send a message in your name to harm other people.

Tips and what to do



- Use a strong password, mix letters, numbers and characters.
- When you have a problem, say so immediately.

Talk to someone you trust, they will help you solve the problem.

What is a spam?



Spam is a message sent to many people over the internet.

This message is for advertising purposes in order to get information or spread a virus.

Tips and what to do



- Always check who sent you the email. Check that you know the person or organisation.
- Check the email address of the sender.
- Stay alert.
- Don't believe everything on the internet, and when in doubt, ask a person you trust.



Focus on Cyberbullying

WHAT IS CYBERBULLYING?

Cyberbullying is the harassment we receive from other people through online technology.

The aim of cyberbullying is to scare us, to make us angry, or embarrass us.

Cyberbullying can take place in different places.

There can be cyberbullying through social networks, messaging apps, online games or mobile phones.

Tips on cyberbullying



In this UNICEF post we have some advice on cyberbullying. UNICEF is the Organisation of the United Nations that works for children's rights.

To read the tips, click on this web link:

<https://www.unicef.org/end-violence/how-to-stop-cyberbullying>



Rights and technologies,
united by citizen participation

THANK YOU
FOR YOUR ATTENTION