

GET INTERNET SAFETY & DIGITAL MEDIA TRAINING FOR LADIES



Cyber-Safe Zone, Alhambra Women's & Asian Mum's Network have just launched a campaign to teach Ladies, mums and grandmothers digital media skills and internet safety training!

1. Do you worry about what your children do online?
2. What social media do you use and would you like to learn more handy tips?
 - o Why does my child know more about technology than me?
 - o What do you know about gaming and is it safe?
 - o What do PEGI ratings mean?
 - o What exactly are Snapchat, Instagram and YouTube?
 - o Why our children are online all the time?
 - o What is the dark web and why is a dangerous?
 - o How safe is my password?
 - o What is online trolling and how can I stop it?
 - o How can I keep my children safe from harm on the web?
 - o What exactly is a hashtag and how do they work?
 - o How do I keep myself safe on social media?

What we will cover in the training session

- Password protection and basic security plus an exercise on how to test how robust is your password,
- Grooming through watching and discussing types of grooming some video content
- Basic introduction to social media such as Snapchat, Gaming, Instagram and YouTube
- Discuss the risks where children can be exposed to inappropriate content or speak to strangers
- Social media age restrictions and PEGI ratings
- Trolling/bullying,
- Doxing - what to do if trolled or suffer hate speech such as how to screenshot and where to report.
- Explore some terminology such as radicalisation, dark web, trafficking, bullying, blocking, binging, malware, vlogging, moderators, parental controls, troll, screenshot, digital footprint, cyberbullying, blogging, apps, hashtags etc

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