

# A BETTER INTERNET STARTS WITH YOU

HOW WILL YOU MAKE THE INTERNET A MORE RESPECTFUL PLACE?



## Teacher notes and complementary activities

### What is digital intelligence?

Sometimes being online can be unpredictable and scary. It can be especially difficult for young people who have a different opinion or who might suffer social isolation or discrimination offline. “Building digital intelligence” in all young people can help them manage relationships and respect differences. Digital intelligence includes skills such as critical thinking, responsibility, respect, empathy and resilience. It takes time and practice to identify and develop the range of skills that help us act with respect. We need to appreciate diverse perspectives, communicate with empathy, negotiate with people who are different to us and develop leadership skills.

### Building empathy and respect online

#### Empathy

When students develop their empathic muscle they are able to make better decisions about how to act in online situations. Discussion starters:

- 1 How does it feel not to belong or fit in?
- 2 How can you tell when a friend might be feeling upset?
- 3 How can you stand up for other people if they are being treated badly?

#### Respect

When young people develop their ability to make respectful choices they are able to build more successful online relationships. Discussion starters:

- 1 How can you question other people's opinions respectfully?
- 2 How do you make decisions for yourself and respect other people's decisions?
- 3 When someone is different to you how can you see their positive qualities?

### Pledge

Instructions for student pledge board:

- 1 Students hand write the answer to “How will you show respect online this Safer Internet Day?”.
- 2 Students hold the written pledge in front of them and teacher takes a colour photo in landscape format.
- 3 Post the photo with the hashtag #SID2018 and tag @eSafetyOffice (ensure you have student permission to post their photo).

#### Suggested pledges:

- “I will listen to opinions that are different to my own.”  
“I will question the person who makes jokes online that hurt others.”  
“I will be more aware of the feelings of the person behind the screen.”



# #SID2018



Safer  
Internet  
Day 2018 | Tuesday  
6 February



Office of the  
**eSafety Commissioner**