



Harold's Tech Tips

Being your best self online



Getting a new device is an exciting time!

With your phone, Chromebook or laptop, you'll be able to do school work, create art and music, learn about the world, develop code, play games and chat with your friends and family.

When you're heading somewhere new, it's always good to be prepared. Here are some tips to help you stay safe and healthy online.

Work through with your parent/caregiver.

What are you looking forward to doing on your new device?

Type into the blue boxes, or print out and write in your answers!



Explore together

It's easy to find yourself in online spaces that aren't designed for young people. The recommended ages for apps and games are there to protect you from unwanted contact and content. Always ask for an adult's help when you're downloading something new. Your whānau can also help by setting up linked accounts and parental controls for apps like YouTube and Messenger. Turning off Autoplay on YouTube and blocking ads in your browser can help you control what you see.

Find a game you could learn to play together.

Find a YouTube account you think is fun for your family to follow (e.g. Cat memes).

Make a list of safe websites you can search for information on.



Harold's Tech Tips

Being your best self online

Finding a balance

We are happiest and healthiest when we have a good balance of:

- physical activity
- challenges to keep our brain active
- time spent with friends and family
- time by ourselves

Online games and apps have been designed to keep our attention for as long as possible. Winning a game, getting a like or laughing at a funny video makes us feel good. But if we spend too long looking at a screen, it can affect our eyes and interfere with our sleep. Our mood and energy levels can also be affected by some activities.

It's important to find a balance between online and offline activities so that our brain can develop to its full potential. Now is a great time to set a healthy routine with a range of activities each day, including time on your new device.



What could you do to avoid getting distracted by your device? E.g. use notification settings, set some family rules like charging your device outside your bedroom.

Respecting others online

Online messages can sometimes be misinterpreted because there isn't a tone of voice or body language to help us understand them. We need to be mindful about what we share and say and whether it is something we'd do in person, so that people don't get hurt.

Just like in real life, we need to encourage others to be kind online. Sometimes this means being brave and telling our friends we don't like their behaviour. Harold calls this being an upstander.



What are some of the negative experiences you/your friends or family members have had online? What did you/they do?

If two of your friends are arguing in a game or chat, what could you say?



Harold's Tech Tips

Being your best self online

Digital footprint

Once something is online, it is usually there forever. Before posting online, think about who you are sharing with and how it might affect your reputation.

Before you share any pictures or videos of other people, check you have permission and that it's appropriate for you to share.



What are some things that are better not to post/share online?
Ask your family if there's anything they wished they hadn't shared.

Keeping ourselves safe

There are some things we can do to protect ourselves from unwanted contact.

- **Keep your personal information private**

Never share with people you don't know your: name, email, address, school, phone number, and passwords.

- **Only play or chat with people you know**

- **Choose an object or a place as your avatar/profile picture**

Photos can contain information that identifies you. Only share pictures with people you know.

- **Set strong passwords**

Avoid using names (including pets) and birthdates.

Make each password different. You could have a base word and add some letters from each app name.

Include punctuation such as exclamation marks.

Include numbers.



How do you know if something is inappropriate?
What signs do you get from your body? (E.g. a funny feeling in your tummy)



Harold's Tech Tips

Being your best self online

What to do when things go wrong

If you see anything worrying, upsetting or threatening online, tell a trusted adult. This could be a family member, teacher, or a helpline such as [0800 What's Up](#).

Mute, block or unfriend people you are worried about.

Take photos of messages or save any emails that are troubling you.

There are laws in New Zealand protecting us from online harm. [Netsafe](#), New Zealand's online safety agency, can help you if any laws have been broken.

Who are the adults you trust to talk to when you're upset?



What is real?

Just because something is online, it doesn't mean it is true. Being able to spot fake news or a scam is a good skill for all of us to develop.

Scams are used to trick people into giving away personal information, bank account details or money. Fake news is false or misleading information.

If you're not sure, ask yourself:

- Where/who did this come from?
- Does it sound right?
- Are they offering something for free?
- If it is a news piece, is it from a trusted source or could somebody have made it up?
- Does the article not contain what the headline promised?

People may not be who they say they are online. Block any messages from people you don't know and ask an adult if you're not sure.

Has anyone in your family experienced a scam? What did it look like?



Try the Fake News test:
www.yournewsbulletin.co.nz





Harold's Tech Tips

Being your best self online

What do you want support with from your whānau as you start using devices online?

Ka rawe! Nice work!

Quick links for parents/caregivers

- **Netsafe**

Free information and expert help when dealing with incidents of online harm.

www.netsafe.org.nz

- **Keep it real online**

Tools and advice to help parents keep young people safe from online harm like grooming, pornography and bullying.

www.keepitreallonline.govt.nz

- **Te Mana Whakaatu, Classification Office**

Resources for parents and whānau to keep tamariki and rangatahi safe.

www.classificationoffice.govt.nz/resources/parents-whanau



Save this document to refer back to later!

