

# Lesson 5 Internet Safety Year 5 | Activity

Name .....

## Main Task

Below are some reasons why the internet can be a negative thing. Remember to include your own facts and examples.

### 1. STRANGER-DANGER

Some of the social media sites give you the chance to message people you don't know. Most of these people are positive but there are some who pretend to be someone else. This could be dangerous.

### 2. INTERNET ADDICTION

People can sometimes get addicted to messaging online friends or watching videos. This means that they get distracted from things like playing in the park or playing sport with their friends. Some children get so obsessed with their computer that they even forget to eat!

### 3. INAPPROPRIATE CONTENT

There are a lot of things that children shouldn't be able to see but still do. Some doctors have said that if children see violence then they are likely to copy this behaviour and act violently in the playground. Violence is not part of the Circle of Kindness.

### 4. UNHEALTHY

Using the internet or playing on your computer can seriously harm your body. Poor posture can cause a bad back and the lack of exercise combined with being inside all day is not good for your body.

### 5. BEING HACKED

There are some people who will use the internet to get personal details from you. This could lead to them taking money from your account or taking information that could harm you.

### 6. CYBERBULLYING

Some people can be extremely rude to others on the internet. This is because they don't think that they will be caught. Groups can get together and make individual children feel awful about themselves.