

Ages 11-14

Staying safe online – quiz

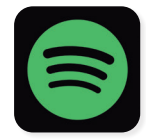


In pairs or in groups, have fun with this online safety quiz and see how many answers you can get right. There's a maximum of 50 points that can be scored!

Tag us online:

#numberday

1. How many of these app logos can you identify?



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2. How old do you have to be to use these sites and games?

- A. Facebook
- B. The Sims
- C. Grand Theft Auto
- D. FIFA
- E. Fortnite

3. What should someone do if they're being bullied online? (Circle all the correct answers).

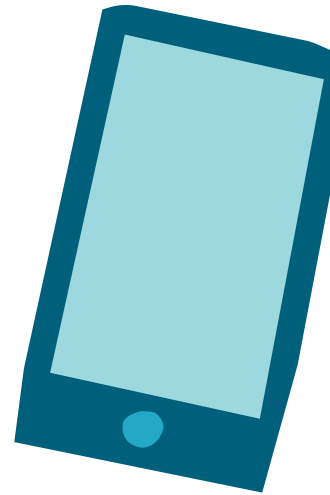
- A. There's nothing they can do. They will just need to put up with it
- B. Post mean things about the person bullying them so they know how it feels
- C. Report or block the person bullying them
- D. Threaten the person bullying them
- E. Talk to an adult they trust
- F. Don't delete it – show it to an adult they trust

4. To keep safe online, what personal information should you not post online? (Circle all the correct answers).

- A. Your full name
- B. What you've had for dinner
- C. Where you live
- D. Which school you go to
- E. Passwords
- F. A cartoon image as a profile picture instead of a photo

5. What should you think about before posting something online?

- A. Has everyone who appears in a photo agreed for it to be shared online?
- B. Does the post have any personal information that I don't want everyone knowing?
- C. Would I be happy for anyone to see this post, such as my teachers or grandparents?
- D. Does it break any of the rules of the app that I'm posting on?
- E. Could it upset or offend someone who sees it?
- F. All of the above



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6. If a friend has been asked by someone to send a nude or semi-nude picture of themselves, what could they do? (Circle all the correct answers).

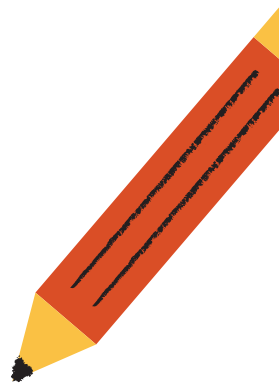
- A. Tell the person they don't feel comfortable doing that
- B. Say no and tell them it's illegal
- C. Report and block the person
- D. Ask an adult for help
- E. Visit the Childline website for advice

Read through the statements below and decide if they're true or false. Circle the answer you choose.

7. A friend meets someone online who tells them they are the same age, so it is safe to share personal information.

True

False



8. A friend has been getting horrible messages online from other people at school. This is just something they have to put up with.

True

False

9. A friend shared a nude selfie with someone and it's been posted online. Unfortunately, there is nothing they can do about it.

True

False

10. Something has upset a friend. They would like help, but don't know who to talk to. They can talk to Childline

True

False

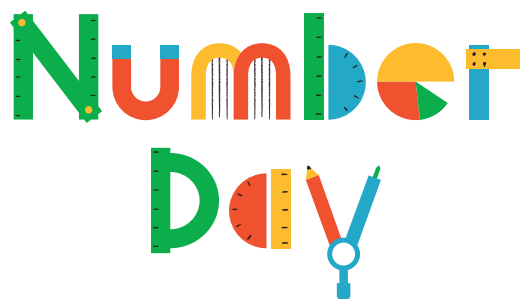
11. Give three examples of things you and your friends could do to stay safe online.

1.

2.

3.

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Teacher notes

Ask the children to get into pairs or groups. It is important that they do this activity with a member of teaching staff. Afterwards, the class teacher should go through the answers and supported commentary below, ensuring that the children understand how they can keep safe and what they can do to get support.

- Games and apps are a great way to relax and have fun. But it's important to be careful about what we share online to keep safe.
- All social media sites, apps and games have a minimum age. As well as the site's own minimum age, there are recommended ages on both Google Play and the Apple App store, and all boxed consoles games are required to have a PEGI age rating. These age ratings help us to decide whether a game or site is appropriate, and tells us if there are things that could be upsetting or disturbing. However, please note that PEGI ratings for games do not highlight the risks of being able to communicate with other gamers which may lead to bullying or grooming. On most games, the settings can be changed to switch off chat or limit communication. More information can be found at [net-aware.org.uk/news/age-content-ratings-apps-games](https://www.net-aware.org.uk/news/age-content-ratings-apps-games)
- Teachers could explore how children would feel if they saw something inappropriate online. They might feel frightened, uncomfortable or scared, or they may be prompted to copy what they see.

If a child is ever worried about whether or not to play a game, it's important they speak to an adult they trust. Remember that nobody should pressure a child into playing games that they are not comfortable with. Discuss how children can report inappropriate content using the CEOP Report Abuse button.

For more information on keeping children safe online, visit [nspcc.org.uk/online-safety](https://www.nspcc.org.uk/online-safety)

If you want to find out more about the top sites, apps and games that young people are playing, go to [net-aware.org.uk](https://www.net-aware.org.uk)

Keep the conversation going about staying safe online

For kids – Childline
[childline.org.uk/explore/online-safety](https://www.childline.org.uk/explore/online-safety)

For parents – Net Aware
[net-aware.org.uk](https://www.net-aware.org.uk)

For staff – NSPCC Learning
[learning.nspcc.org.uk/safeguarding-child-protection/social-media-and-online-safety](https://www.learning.nspcc.org.uk/safeguarding-child-protection/social-media-and-online-safety)

Children can contact childline about anything that's worrying them on **0800 1111** or by visiting [childline.org.uk](https://www.childline.org.uk)

Our helpline is there for any adult who's worried about a child on **0808 800 5000**



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Teacher notes

1. How many of these app and game related logos can you identify? (25 marks)



Facebook



FIFA Football



Snapchat



Instagram



YouTube



Roblox



Houseparty



FaceTime



Kindle



Fortnite: Battle Royale



Steam



Discord



Clash of Clans



BBC Sounds



TikTok



Pokémon GO



Skype



Minecraft



Harry Potter: Wizards Unite



Spotify



Childline App



Pinterest



Twitter



Disney+



Twitch

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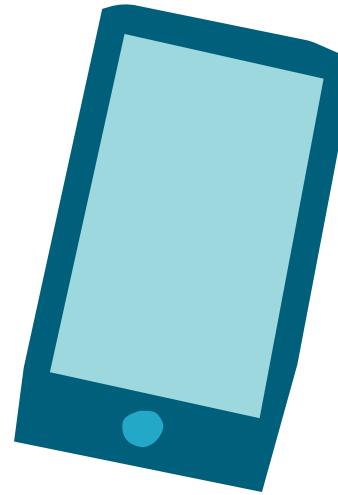


2. How old do you have to be to use these sites and games?

- A. Facebook 13
- B. The Sims 12
- C. Grand Theft Auto 18
- D. FIFA 3
- E. Fortnite 12

3. What should someone do if they're being bullied online? (3 marks)

- C. Report or block the person bullying them
- E. Talk to an adult they trust
- F. Don't delete it – show it to an adult they trust



Discussion

Tell the class: it might feel like there's nothing you could do, or that it's just part of playing that game or being on that app, but you don't have to put up with it. It can feel tempting to respond to the person or write nasty things back, but this often just causes the situation to escalate. Instead, the best way to react is to report or block the person bullying you. You could also talk to someone you trust, like a parent, carer, teacher, or Childline. It's also a good idea to keep a record of the bullying, like a screenshot.

4. To keep safe online, what personal information should you not post online? (4 marks)

- A. Your full name
- C. Where you live
- D. Which school you go to
- E. Passwords

Discussion

Tell the class: It's important not to post personal information about yourself or others. You should also change your privacy settings so that your location isn't shared. Remember that what you post online could still be seen by people you don't know (for example, if friends are tagged in a photo, their friends might be able to see it too, or a screenshot of your post could be shared further).

5. What should you think about before posting something online? (1 marks)

- F. All of the above

6. If a friend has been asked by someone to send a nude or semi-nude picture of themselves, what could they do? (5 marks)

- A. Tell the person they don't feel comfortable doing that
- B. Say no and tell them it's illegal
- C. Report and block the person
- D. Ask an adult they trust for help
- E. Visit the Childline website for advice

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Discussion

Tell the class: It's not OK if someone pressurises you into doing something you're not comfortable with. It's also illegal to have, share or send any sexual photos of someone who's under 18 – including images of yourself; all children and young people have the right to say no. Remember that you can lose control of an image once it's online, and it could be shared with others. Sometimes saying no can be difficult, particularly if the other person is a friend. To help, for children over 14, you could download the free app from Childline called Zipit which has Light-hearted memes and GIFs specifically designed to help you say no and change the subject by using humour. Childline and the Internet Watch Foundation (IWF) can also help to remove an intimate image which has been shared online. This can also be reported by using the CEOP button or by using the Report Remove tool on the Childline website: childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/

True or false:

7. A friend meets someone online who tells them they are the same age.
So it is safe to share personal information. (1 mark)

FALSE. Tell the class: it's important to remember that people are not always who they say they are. Be careful not to share any personal information online.

8. A friend has been getting horrible messages online from other people at school. This is just something they have to put up with. (1 mark)

FALSE. Tell the class: if someone is experiencing bullying online, that's not OK and it's not their fault. There are things they can do, such as reporting or blocking the person bullying them, and speaking to an adult they trust.

9. A friend shared a nude selfie with someone and it's been posted online.
Unfortunately, there is nothing they can do about it. (1 mark)

FALSE. Tell the class: if someone is under 18 and an explicit or nude picture or video of them has been shared online, Childline and the IWF can help them to get it removed. They will need to go to childline.org.uk to report it and will need to confirm their age and where they have seen the image or video. They could also report it by using the CEOP button.

10. Something has upset a friend. They would like help, but don't know who to talk to. They can talk to Childline. (1 mark)

TRUE. Tell the class: Children can talk to Childline about anything. No worry is too big or too small. If someone contacts Childline, whatever they say will be between them and Childline. They can feel safe knowing that no one else will find out unless Childline are really worried about a child's safety – then they may need to speak to others to ensure the child is kept safe.

11. Give three examples of things you and your friends could do to stay safe online. (Up to 3 marks available)

Answers could include: not sharing personal information, such as their full name; not sharing their location; only using websites, apps, and games which are appropriate for their age; blocking/reporting people who send them inappropriate messages; asking their parents, carers or teachers for help; checking and updating their privacy settings; not accepting friend requests from people they don't know; only posting things that they would be happy for anyone to see.

TOTAL MARKS AVAILABLE: 50

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