

Personal Safety and Digital Wellbeing with Kit and Nova

Learning objective: To identify potential risks in different environments, including online, and understand how to make informed decisions to stay safe.

Use these flashcards to test your knowledge about personal safety. Read the prompt on the left, then check your understanding against the definition on the right. For the Greater Depth questions, explain your reasoning clearly.

What is a 'Trusted Adult'?

An adult you feel safe talking to, such as a parent, teacher, or relative, who will listen to your concerns and help you solve problems.

Define 'Personal Data' in an online context.

Information that can identify you specifically, such as your full name, home address, school name, or telephone number.

What is a 'Digital Footprint'?

The trail of data you create while using the internet, including comments, photos, and search history, which can often remain visible for a long time.

Explain the importance of 'Privacy Settings'.

These are controls on apps and social platforms that limit who can see your profile and contact you, helping to keep your information secure.

What does 'Consent' mean in social situations?

Giving clear, voluntary agreement to something. It means you have the right to say 'no' to any activity or interaction that makes you feel uncomfortable.

Define 'Cyberbullying' and its impact.

Using digital devices to intentionally upset, harass, or humiliate someone. It can have a lasting negative emotional impact on the person being targeted.

Kit's Challenge: Why should you never share your passwords with friends?

Passwords are unique to you. Sharing them risks your account being accessed by others, which could lead to identity theft or malicious posts made in your name.

Nova's Query: Justify why it is vital to tell a trusted adult if you see something online that makes you feel uneasy.

You are not responsible for the content you might accidentally encounter online. Reporting it allows adults to help you, block the source, and ensure your wellbeing is protected.

Compare and contrast: How does 'Peer Pressure' differ online compared to face-to-face?

Online, pressure can be constant and visible to a larger audience, whereas face-to-face pressure often happens in the moment. Both involve feeling forced to act in a way that goes against your own values.

What might happen if you accept a friend request from a stranger?

You lose control over who sees your private information. Strangers may use this data to manipulate you or gain your trust under false pretences.

Explain why it is important to pause before you post or share content.

Once content is shared, it can be copied or screenshotted, making it nearly impossible to delete completely. You should consider if the post is kind, necessary, and safe.

Creative Extension: Imagine Kit is designing a 'Safety App'. What three key features would ensure users stay safe online and why?

(Open-ended) Students should suggest features like instant reporting buttons, automatic privacy filters, and 'pause and think' warnings.