

Safer Internet Day 2020, Tuesday 11 February

To share thoughts and tips to help children and young people have a safe and positive time online.



M.JOSE GARCIA GARCIA-SAAVEDRA 23 KAS 2017, 08:20

M.JOSE GARCIA GARCIA-SAAVEDRA 27 MAY 2020, 21:12

Avoid negative impact of Technology

Is Technology addiction or solution?

NEGATIVE IMPACTS OF TECHNOLOGY

Depression Psychological effects Anxiety

Isolation Sleepless

Physical health

- Red eyes
- Blurred vision
- Dry irritated eyes
- Difficulty refocussing your eyes
- Neck pain and headache
- Text neck syndrome

TECH NECK SYNDROME is the new silent health epidemic. Look UP America

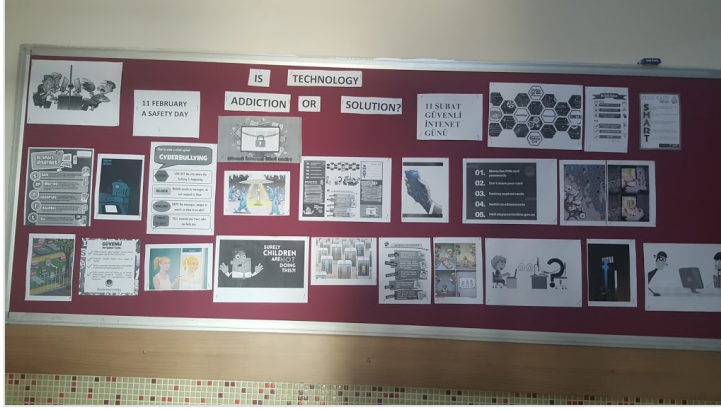
Social effects

START
20-20-20 Rule

- 20 minutes working
- 20 minutes break
- Look at 20 feet away

powered by **PIKTOCHART**

Our Safer Internet Day Board



Cyberbullying

Let's fight it together!



Cyberbullying

eTwinning Projects tarafından

YOUTUBE

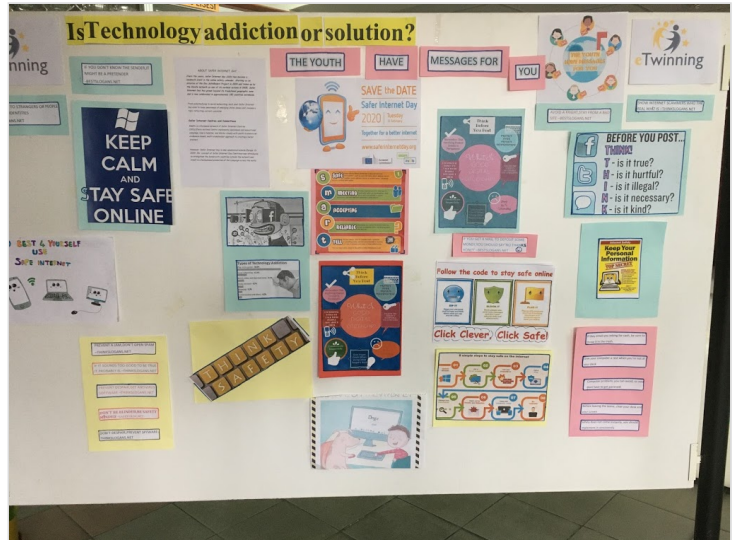
Safer Internet Day

It is inevitable to live without internet in the era we lived in. But sometimes we forget that we are the creators of internet and related devices. Therefore we should not let it enslave us. We should use it consciously not addictively.



Meliha Üstündağ

In this century, it is really impossible to live without internet. In every part of our life it takes its place. We connect with people wherever they are. We solve time-wasting daily routine activities like paying our bills, reach every information in seconds, shopping without going out, learn and get certificates from home, have fun with diverse applications etc. But sometimes we forget that we are the creators of technology and let it enslave us. We should do something for not being slave of it and show the new generation that we don't need to be addicted. We should use it to make our life easy and for our self development.



Safer Internet Day

Yes, the internet is perfect place for human. You can find everything or everybody easily but you must be careful when you use it. How is it safely? this question is very important...



Thanks for sharing ! – M.JOSE GARCÍA GARCÍA-SAAVEDRA

M.JOSE GARCÍA GARCÍA-SAAVEDRA 7 ŞUB 2020, 20:14



Rules of Netiquette



During my stay in the project, I agree to...

01



Remember the human

To be kind and remember that everyone has the right to be treated in a very kind way, as I would like to be treated. Remember That Real People Take Priority.

02



Respect People's Privacy

Do not post copyrighted material to which you do not own the rights. Use free images (Pixabay) and mp3 (jamendo) or similar

03

Take care of your expressions and language

If You Wouldn't Say It to Someone's Face, Don't Say It Online. And it's not just what you say, but how you say it. Either take the trouble to use the shift key for capital letters, or write in all lower case, but don't use caps lock. Text in all caps is generally perceived as yelling. Please don't forget to say please and thank you as appropriate.

04



Respect answering times

Electronic communication takes time: time to read and time in which to respond. Most people today lead busy lives, just like you do, and don't have time to read or respond to frivolous emails or discussion posts.

05

Know where you are in cyberspace

Depending on where you are in the virtual world, the same written communication can be acceptable in one area, where it might be considered inappropriate in another. What you text to a friend may not be appropriate in an email to a classmate or colleague



M.JOSE GARCÍA GARCÍA-SAAVEDRA 7 ŞUB 2020, 20:14



María José, Health VET_Teacher Valencia

The internet is a brilliant place to **connect** with others, to be **creative** and to **discover** new things.

But it is essential to take care of yourself and to use the internet safely, responsibly and positively.

<https://swgfl.org.uk/stage/higher-education/>

Resources for 11-19s

The internet is a brilliant place to connect with others, to be creative and to discover new things. Here you will find films, games, quizzes and advice to help you to use the internet safely, responsibly and positively.



SAFERINTERNET

06

Make yourself look good online

One of the best things about the virtual world is the lack of judgment associated with your physical appearance, sound of your voice, or the clothes you wear. You will, however, be judged by the quality of your writing, so keep the following tips in mind:

Always check for spelling and grammar errors, Know what you're talking about and state it clearly and Be pleasant and polite



07

Help keep flame wars under control

When two or three people exchange angry posts between one another, don't feed the flames; extinguish them by guiding the discussion back to a more productive direction.



08

not to abuse our power

Just remember: knowing more than others do or having more power than others may have does not give you the right to take advantage of anyone. Think of Rule 1: Remember the human.

09

Share expert knowledge

Post resources and references about your subject matter. Recently expanded your knowledge about a subject that might be of interest to others? Share that as well.



10

Be forgiving of other people's mistakes

Not everyone has the same amount of experience working in the virtual world. If you feel compelled to respond to a mistake, do so in a private email rather than a public forum.



We will take care of the core rules on netiquette