



GEMS

Wellington School

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A Branch of Premier Schools International



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Wellington E-safety

NEWSLETTER

Fake News

Fake news is false information that is designed to seem real by manipulating society's perceptions of recent events or public figures. Fake news narratives are often employed to influence views, sway public opinions and create support for particular agendas. The main victims are the people who get cyberbullied because of the news.

Do

1. **Do verify your information is from a reliable source.**
2. **Do check multiple sources to consistency of information.**
3. **Do use fact-checking websites to verify the accuracy of the information.**
4. **Do educate others by sharing credible information and sources.**
5. **Do report fake news.**

Don't

1. **Don't spread false or unreliable information online.**
2. **Don't be a passive consumer of everything you see online.**
3. **Don't share or promote fake images and videos.**
4. **Don't create or engage with rumours.**
5. **Don't use only one source of news.**

Online Gaming

Online and gaming addictions are about the addiction to video games and online platforms as they provide very engaging experiences that one can enjoy with barely any physical effort. They affects a wide demographic, but mainly children, teenagers and young adults as they are the target audience of the gaming industry.

Do

1. **Do check age ratings and play age appropriate games.**
2. **Use parental controls to limit exposure to inappropriate content.**
3. **Do be aware of online scans and phishing attempts.**
4. **Do use strong passwords.**
5. **Do report abusive behaviour you witness or experience.**

Don't

1. **Don't share sensitive personal information.**
2. **Don't have your real identity online, have a gaming nickname.**
3. **Don't download files from unknown sources.**
4. **Don't engage in cyberbullying in the gaming community.**
5. **Don't play games beyond your skill level.**

Cyberbullying

Cyberbullying is the use of technology, such as the internet and social media, to harass, threaten, or intimidate someone. This includes everything from spreading rumors to sending hateful messages/communists.

Cyberbullying affects everyone online, from students to even adults. Knowing what to do when you face cyberbullying is an important skill in today's world.

Do

1. **Do speak up if you see cyberbullying happening.**
2. **Do block and report bullies on social media.**
3. **Do be kind and speak out against bullying.**
4. **Do reach out for support from trusted adults or organisations.**
5. **Do educate yourself and raise awareness of cyberbullying.**

Don't

1. **Don't engage in cyberbullying or harass others online.**
2. **Don't spread rumours or false information.**
3. **Don't share or forward harmful content.**
4. **Don't stay silent if you witness cyberbullying.**
5. **Don't blame the victim as this can further harm them.**

Student Voice

"I received Whatsapp messages that contained misinformation about the COVID-19 vaccine.

Now, I always double check all information I receive online by comparing it with other sources."

Vanya Naqvi
(Gems Wellington International School)

Student Voice

"I used to have a severe gaming addiction, and it was detrimental to my well-being.

It's not wrong to have fun every once in a while, but don't take it too far."

**Yousef Altoum
(Gems Wellington School of Qatar)**

Student Voice

**"I witnessed people make
a fake account to
impersonate and mock
my friend, who struggled
with body dysmorphia.**

**My friends and I reported
the account and it was
taken down."**

**Ujjwal Aggarwal
(Gems Wellington International School)**



Wellington E-safety

Special Thanks To Our Content Creators:



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A special thanks to the below teachers for giving students the opportunity to collaborate across the Wellington Cluster.

Head of Computer Science Wellington International School: Abeda Natha

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Head of Computer Science Wellington Qatar: Usman Choudhary