The Social Media Breakdown

Privacy:

1. Explain the importance of setting accounts to private on social media, and only accepting friend or follow requests from people they know in real life.
2. Discuss the significance of not sharing personal information online like home address, phone number, and school name.
3. Talk about the importance of regularly reviewing and updating privacy settings on all online platforms to ensure they are as secure as possible.

Respectful Communication:

1. Reinforce the importance of treating others online as they would want to be treated in person. Discuss the potential impact of unkind words or actions online.
2. Discuss how communication online can sometimes be misinterpreted due to the lack of non-verbal cues like tone and facial expressions. Hence, it's crucial to be clear, respectful, and thoughtful.
3. Talk about the importance of not engaging in or supporting online arguments or bullying, and instead, reporting these to an adult or the appropriate platform authorities.

Avoiding Online Scams:

1. Highlight how to recognize common signs of scams, such as messages asking for personal details, promises of easy money, or links from unknown sources.
2. Emphasise the significance of not clicking on suspicious links, even if they appear to come from a known contact.
3. Discuss why they should consult an adult if they receive a message or email that seems suspicious or too good to be true.

The Concept of Oversharing:

1. Explain how sharing too much information or posting too frequently can create a detailed online profile that can be exploited by cybercriminals or come across as annoying to others.
2. Discuss how sharing certain types of information (like location check-ins) can compromise their personal safety.
3. Teach them the "grandma rule": if they wouldn't want their grandma to see a post, it's probably not a good idea to share it.

How to Handle Cyberbullying:

1. Explain what cyberbullying is, and why it's essential to stand up against it, even when they're not the target.
2. Teach them how to report instances of cyberbullying on different social media platforms, and when to involve an adult.
3. Discuss how they can support someone who is being cyberbullied, including showing empathy, encouraging them to talk to trusted adults, and not participating in or forwarding hurtful messages.