



We are supporting
Safer Internet Day 2021!



Safer
Internet
Day 2021 | Tuesday
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saferinternetday.org.uk



An internet we can trust: exploring reliability in the online world

This year Safer Internet Day explores the reliability of online information.

There is an amazing range of information and opportunities online, but how do we separate fact from fiction, and how do we help support young people to question, challenge and change the online world?

Influence, persuasion and manipulation tactics can impact young people's decisions, how they formulate their opinions and what they share online.

Fake news

Fake news isn't just confined to the news section on your social media feeds. It can also be found in the entertainment sections in the form of "harmless gossip". But these stories can be just as harmful as any misinformation about politics, climate change, scare stories about shortages or spurious claims about miracle cures.



Fake news can hurt individuals, their friends and families, shatter reputations and destroy our faith in all sources of information and advice.

Don't let fake news fool you. Use these four tips to check anything you read online that you are not sure about:

1. **The story** – what are they trying to say? Is it an ad or a joke? Look to see if you can find the same story somewhere else
2. **The author** – is it opinion or fact? Real news will most likely have a link to the writer's details, but if there's no author, dig deeper
3. **The website** – are there spelling or grammar mistakes? What's the URL? Check the address bar at the top – most trusted URLs end with ".com", ".co.uk", ".net", ".gov", ".org", ".mil" and ".edu"
4. **The date** – is the story recent or old? It could be outdated or a copy of something that happened years ago. Computer programs called bots post anytime and often, so be wary of this.





Shetland Library



University of the Highlands and Islands Shetland College



Image

Flicking through social media, it's easy to be taken in by a flawless selfie, dramatic videos or shocking stories but not every image we see is real.

From changing your hair colour to giving yourself a pair of big dog ears, there's loads of fun to be had with the photo filters on social media apps but some changes can be much harder to spot.

Filters can make skin appear smoother, refine or enhance certain features, or simply make your body look slimmer. This can lead to unrealistic expectations, distort a young person's body image, and cause emotional and psychological distress, resulting in potentially serious problems with their mental health.



Please follow the links to watch some video clips about Fake News:

<https://www.bbc.co.uk/bitesize/articles/z73kbqt> - Fake News and Me

<https://www.bbc.co.uk/bitesize/articles/zrprj6> - Tips for spotting fake news online

<https://www.bbc.co.uk/bitesize/articles/z7s992p> - Be Social Media Smart, Is seeing believing?

<https://www.bbc.co.uk/bitesize/articles/zgk67yc> - Filtered Selfies and Fake News

<https://www.bbc.co.uk/bitesize/articles/z6rkr2p> - Fake News and Mental Health

<https://www.bbc.co.uk/bitesize/articles/zh3bsk7> - Mask Washing Myth Buster – Fake News Around Face

Masks

Link to Safer Internet Centre Education Packs for Schools and Families:

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-work-young-people>

Further information:

BBC Own It—<https://www.bbc.co.uk/cbbc/search?q=Fake+News>

Thinkuknow—<https://www.thinkuknow.co.uk/>

CEOP (Child Exploitation and Online Protection) —<https://www.ceop.police.uk/safety-centre/>

IWF (Internet Watch Foundation) —<https://www.ceop.police.uk/safety-centre/>

NSPCC—<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Safershetland—www.safershetland.com

If you have any questions or are interested in arranging an internet safety session, please contact Dawn Smith, (01595) 744411 or e mail dawn.smith@shetland.gov.uk.

