

Staying Safe, Healthy and Happy Online Quiz

In your group, discuss and answer the quiz questions. How much have you learnt about staying safe online? Good luck!



1. There are many benefits of using the Internet and digital technology but also potential risks. List 3 potential risks below.

2. There are a lot of steps we can take to keep ourselves and others safe, healthy and happy online. True or false?

True

False

3. Why is it important to follow the age restrictions and regulations on online games, TV programmes, films and social media applications?

4. Why should you keep personal information private online?

5. What should you do if someone online asks you to do something that doesn't feel right or comfortable, including taking and sharing images of yourself?

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

6. What is 'fake news'? How can it cause harm?

7. How can you make sure you are making safe and reliable choices from search results?

8. How can we help to stop online bullying?

9. Why is it important to balance time online with other activities?

Tick all of the options that describe how we can get help for anything online that worries, concerns or frightens us:

Show or tell an adult you trust about what is worrying, concerning or frightening you. Ask them for help.	
Record what you have seen or experienced and report it to the provider of the content and ask for help in blocking it.	
If appropriate and necessary, make a note or take a screenshot of what you have seen or experienced and with a trusted adult's help, report it to the police.	
If you or someone else is in immediate danger, call 999.	