



Adult
Literacy
for Life

SOLAS
learning works

Staying Safe Online



online

Produced with the kind support of the Collaboration & Innovation Fund 2026



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your



Privacy.



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3

Unit

3



Information



Real

or



Fake?



Online



Scams.



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and

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Safe



behaviour



online.



Online



dating.



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Unit

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6.



Sexting

+

and



Pornography





Unit 1

Staying Safe Online



Cyberbullying



Question!



What



is cyberbullying?



When



someone



uses

the



internet

or a



phone

to be



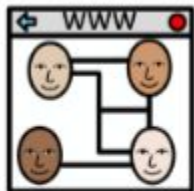
mean,



hurtful, or frightening.



This can happen on...



Social media



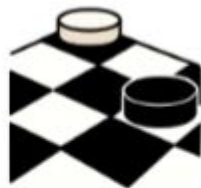
Text messages



Emails



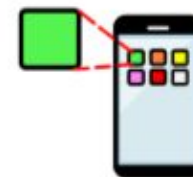
Online



games



Chat



apps



Examples of Cyberbullying



Posting



someone's

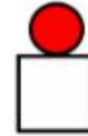


photo

or



video



on

the



internet



without



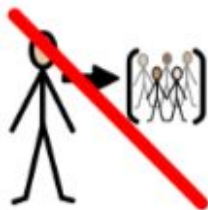
their



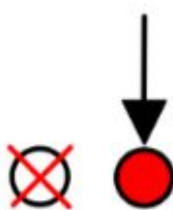
permission.



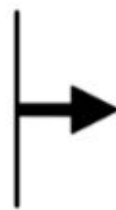
Examples of Cyberbullying



Excluding



others



from



groups.



Calling



people



names



online.



Examples of Cyberbullying



Sending



hurtful



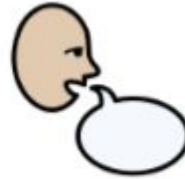
messages.



Typing



nasty



comments.



Examples of Cyberbullying



Threatening



to share



someone's



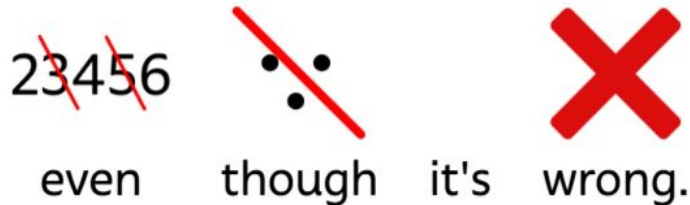
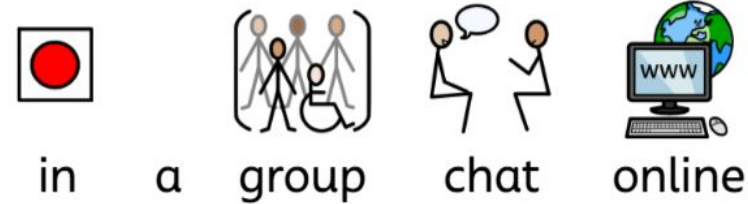
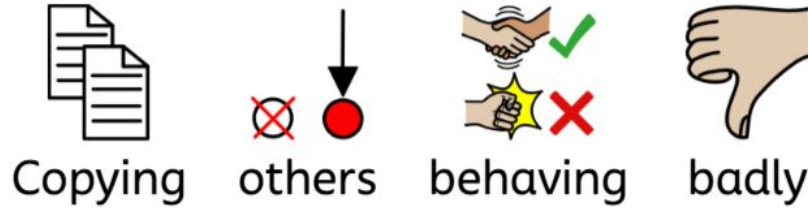
personal information



online.



Examples of Cyberbullying





How



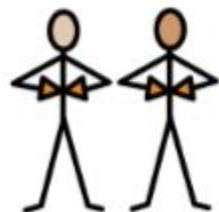
does



cyberbullying



make



us



feel?

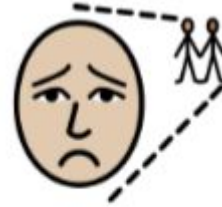
Cyberbullying can make us feel...



Sad



confused



Alone



Worried



self-conscious

Remember!



You



have

the



right

to



feel safe.

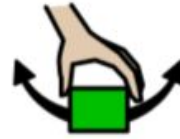


We



need

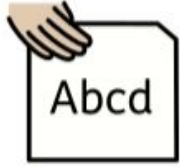
to



use



kind



words

and other



people



online



should



also

be

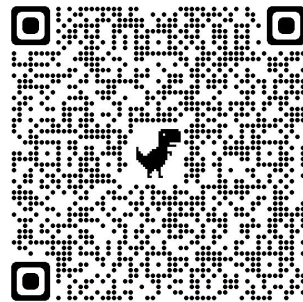
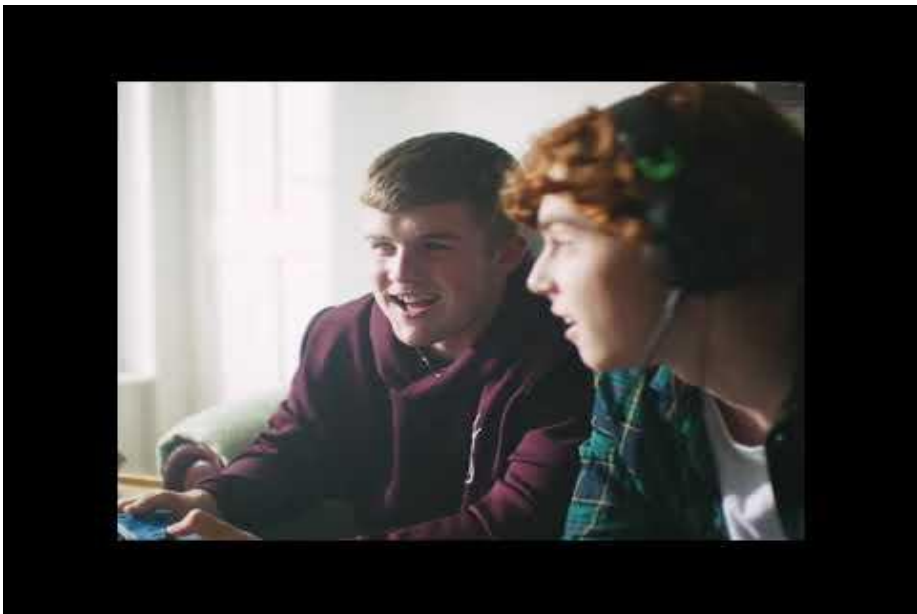


kind

to



you.



Connected

[Video Link](#)

Be kind online.



A good online friend:

?



+



Is kind and respects you.



A good online friend...



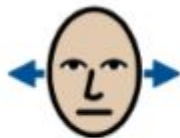
Makes



you



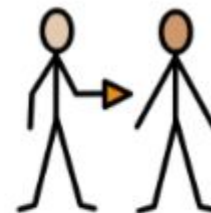
feel safe.



Does not

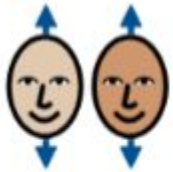


pressure



you.

A good online friend...



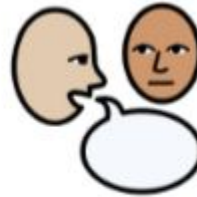
Accepts



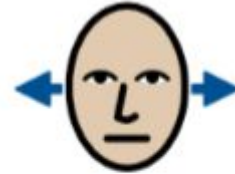
when



you



say

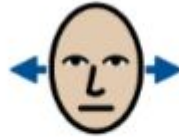


No.

A good online friend...



Good friends



do not



bully



people!



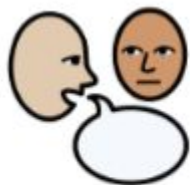
STOP!



BLOCK

TELL

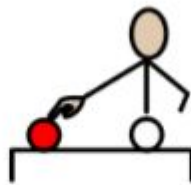




Talk to



somebody



that



you



trust.





Unit 2

Staying Safe Online



Digital



Footprint.



Protecting



your



privacy.

What is your digital footprint?



Your



digital



footprint

is the



trace



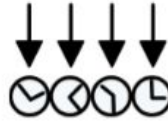
you



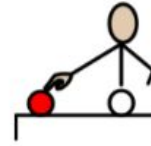
leave



behind



every time



that



you



go



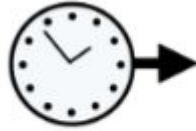
online.



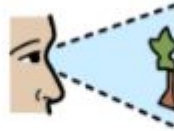
Think before you post!



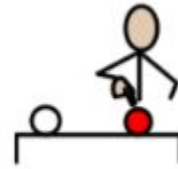
Who



will



see



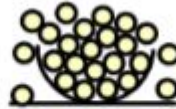
this?



Am I



sharing



too much



about



myself?



Your



online



activity



can not

be



deleted!

Which apps



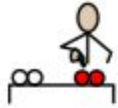
or devices



do you use?



Remember!



These rules are the same



online!



personal information



Don't share



information



about



yourself



with people



you



don't know.

Examples of Personal Information



Your name.

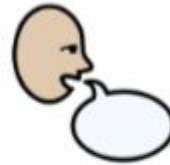


Your address.

Examples of Personal Information



Your phone number.



Your bank details.

Examples of Personal Information



Photos or videos with



your image.

Examples of Personal Information



123

Credit Card or Identity card numbers.



A computer's settings are set to



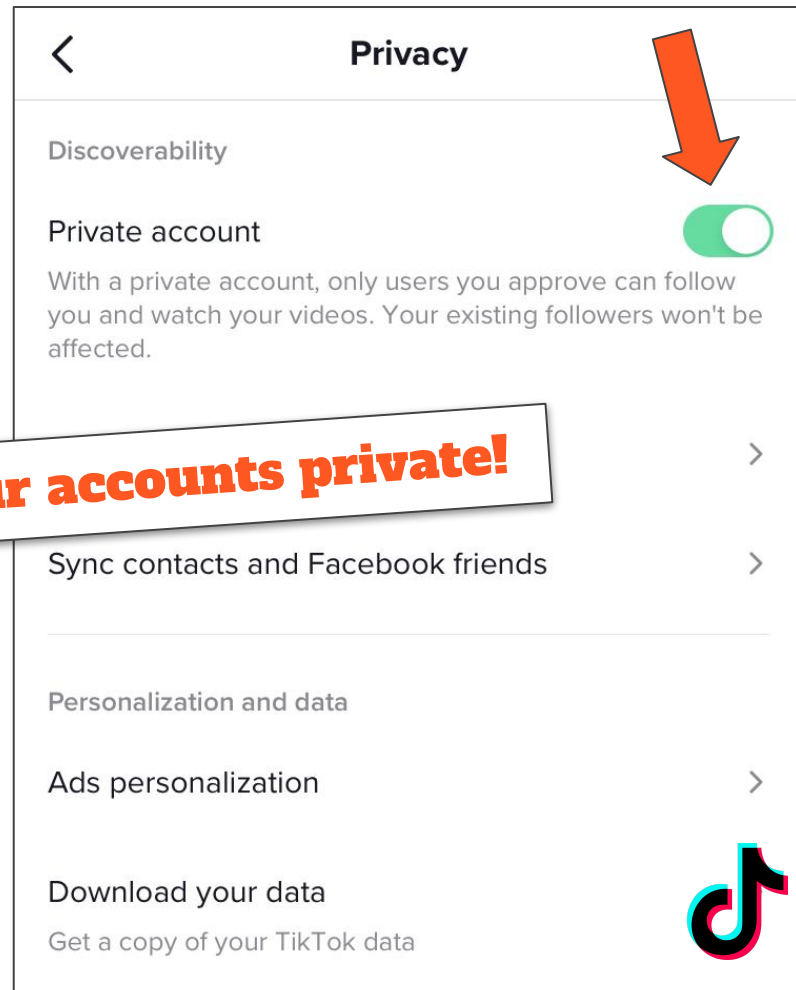
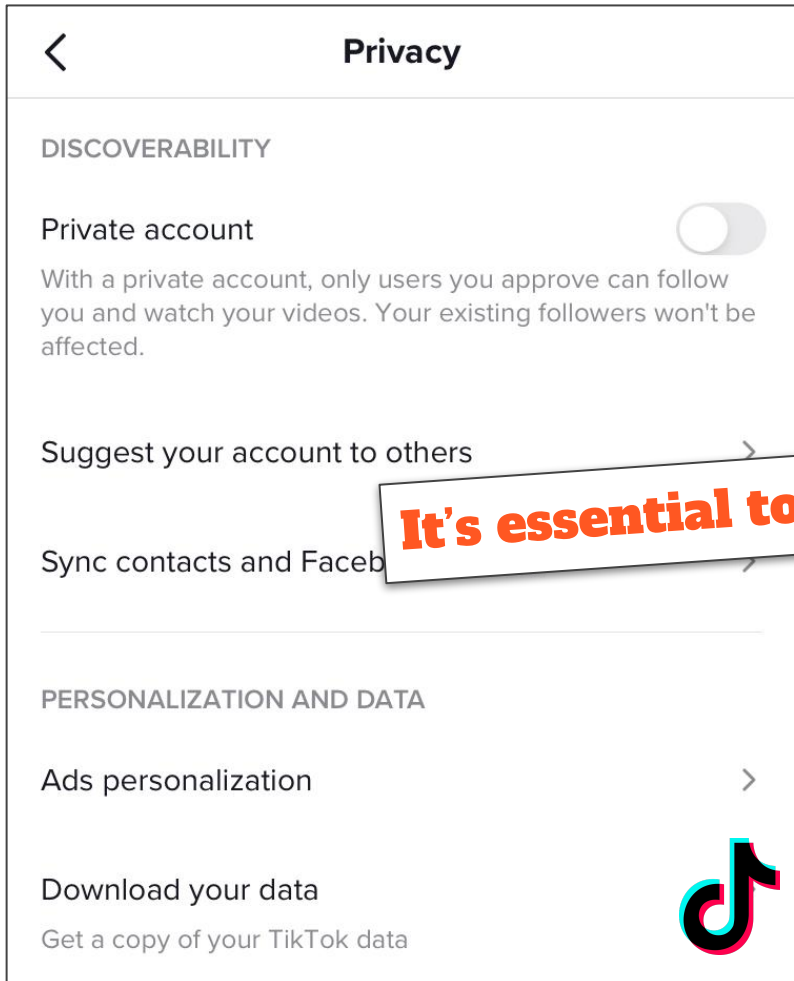
'public' so we have to change the



settings to 'private' to keep our



personal information to ourselves.



It's essential to make your accounts private!



Passwords



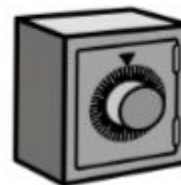
keep



our



personal information



safe.



Your password is private. Do not share it with:



strangers

or



people online.



Only



share



with



someone



you



trust

if



you



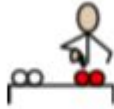
need



help.



What makes a strong password?



Which of these is the strongest password?

A

88888888888888

C

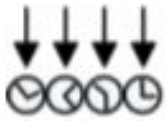
JayBBoy2012

B

Password

D

*W3R0ck!?



Always use a combination of:

***W3R0ck!?**



abc

• 8 - 12 symbols including letters



+



abc

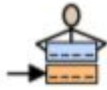
• capital and low letters



+

123

• symbols and numbers



- Nicknames or made-up names are better for



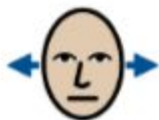
user names



- Use different passwords for your online



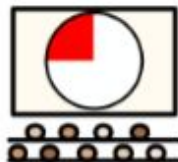
accounts



Don't use photos of yourself.



It's better to use avatars or emojis



or a nice scene.

Remember!



Keeping



your



personal information



safe

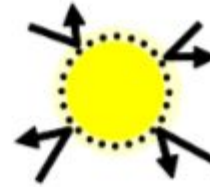


online,



helps

to



protect



you.



Location



settings



Location



settings



- wifi



- mobile phone



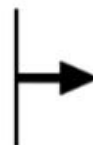
networks



- GPS



(signals



from



satellites.



Add a Caption

Thursday • 14 Jul 2022 • 13:14

Adjust

IMG_5927

Apple iPhone 8

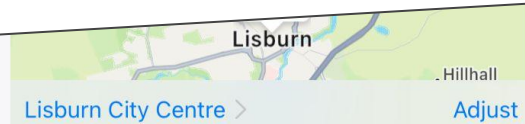
HEIF

Wide Camera — 28 mm f1.8

12 MP • 3024 × 4032 • 2.6 MB

ISO 20 | 28 mm | 0 ev | f1.8 | 1/640 s

This is called GEOTAGGING





Location



settings



Can



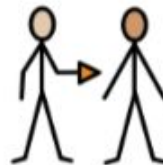
help



you



help



you



find

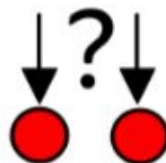


your



way

to



somewhere



new



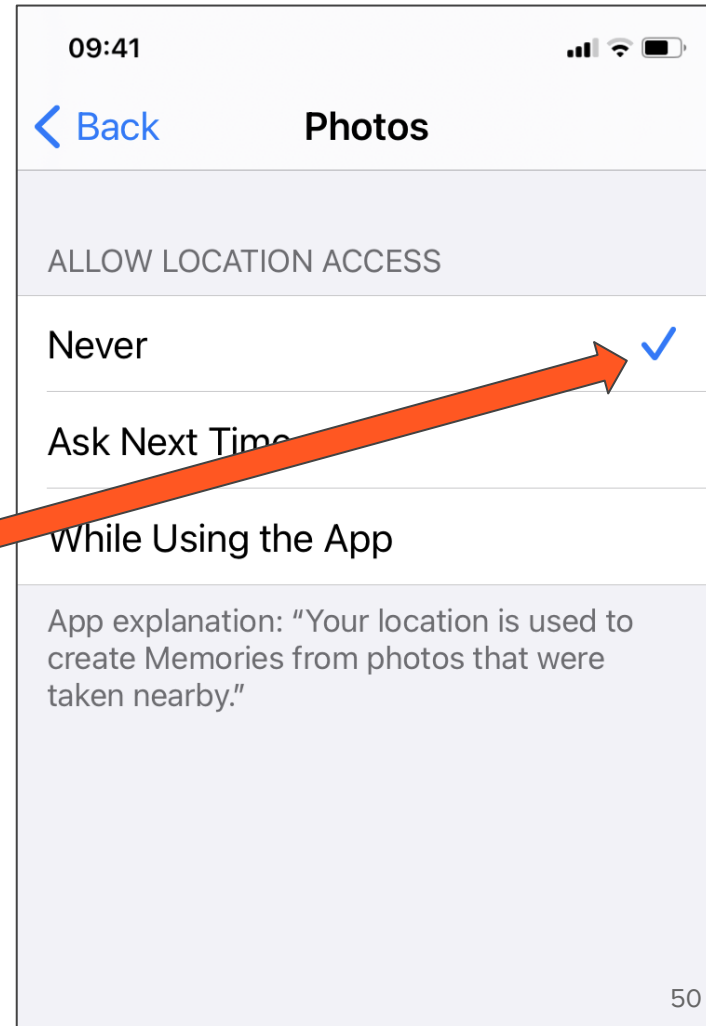
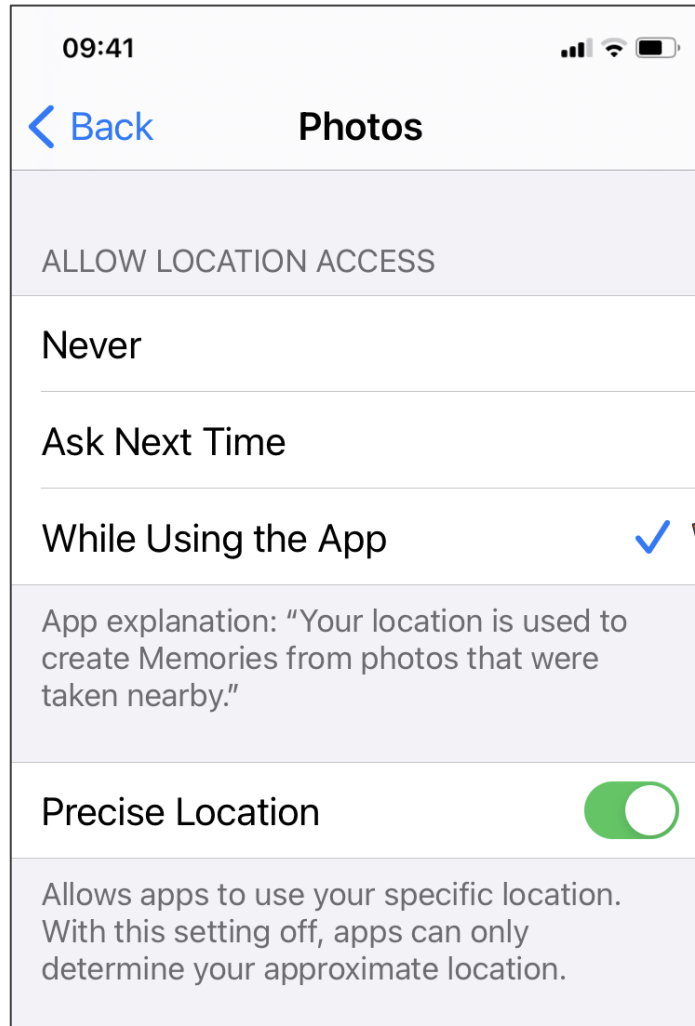
using

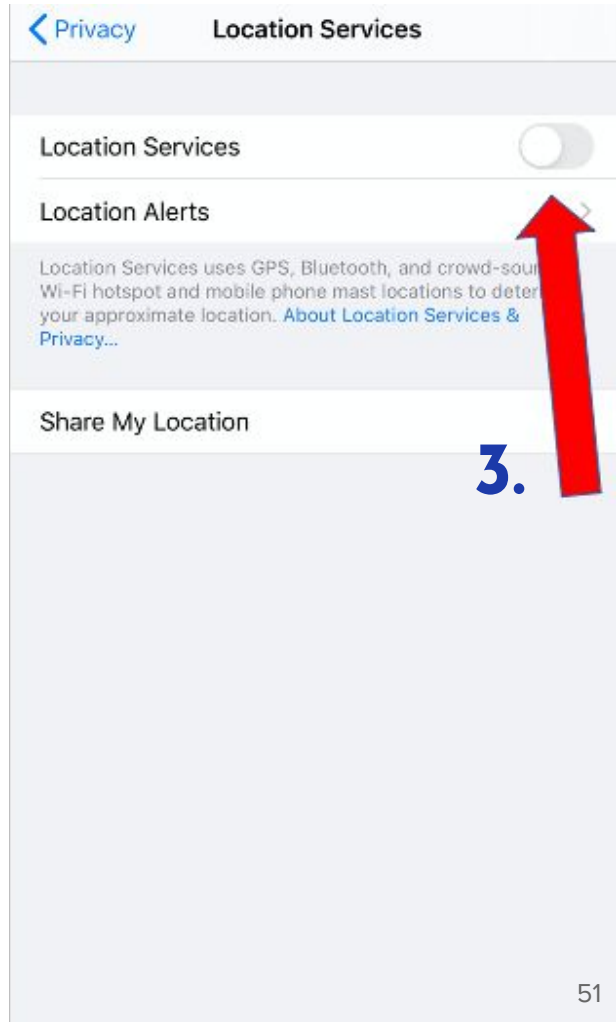
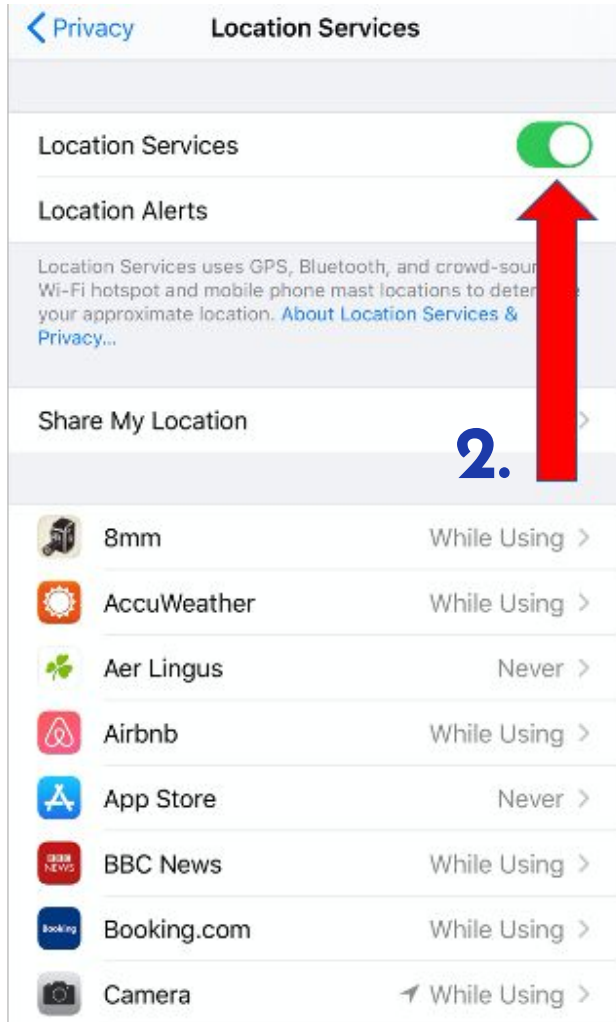
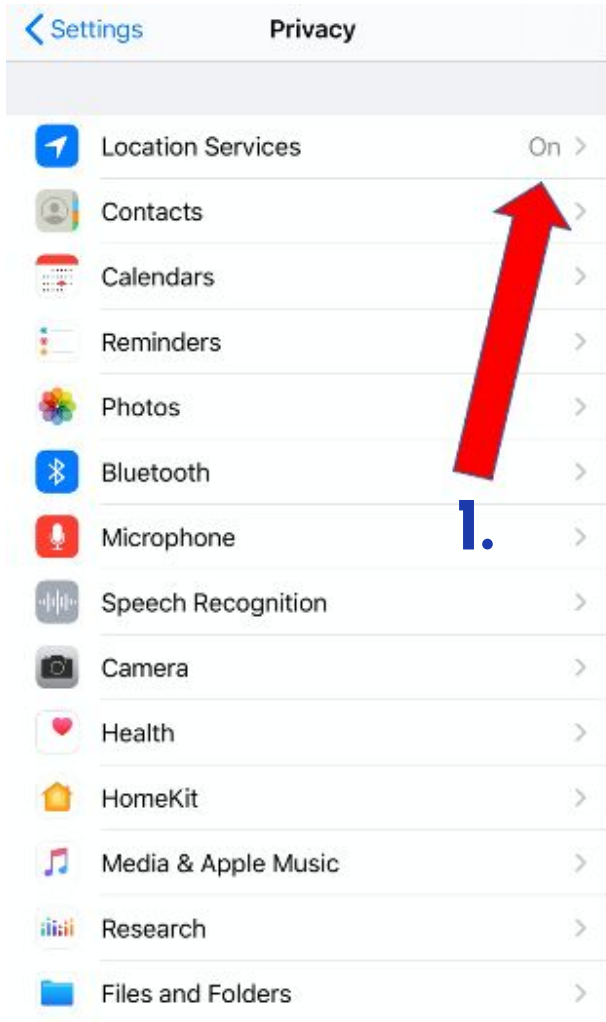


maps.

**With
Location
Settings on,
people can
see your
location
from
whatever
you post.**

**Make sure
they are
switched off!**







Turn privacy settings ON

Turn OFF location sharing





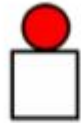


Unit 3

Staying Safe Online



Information



on



line



-



real

or



fake?



Online

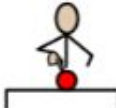
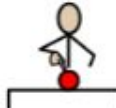


scams.

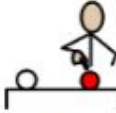


We will look how tricky it can be to

identify what's real and what's fake online.

We will help you check this.

What is AI?



AI

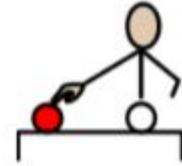


is a

computer



programme



that



makes



fake



messages



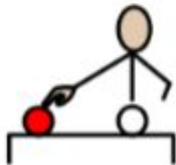
photos

+

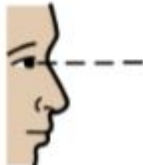


and

videos



that



look



real.

What is AI?



AI



is

now



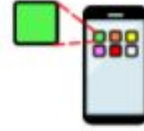
a

part of

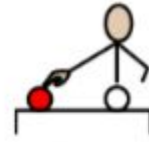
so



many



apps



that



we



use.



Google

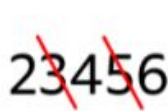
About AI



AI



can



even



copy



someone's



voice



to

make

it



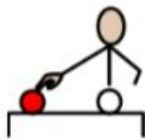
sound



like



somebody



that



you



know.

About AI



AI



can



make



videos

of



famous



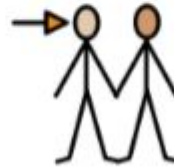
people

+

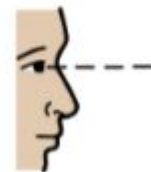
and



make



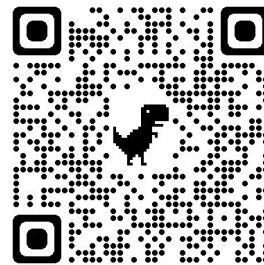
them



look

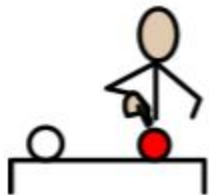


real.



Deep Fake Tom

[Video Link](#)



This

is

called

a



Deep

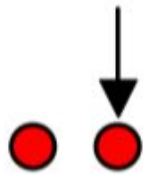


Fake

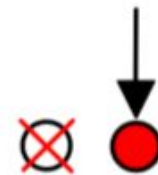
+



and it is illegal



This is another reason why we



should not share our (or other

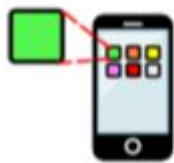


people's) photos or videos



cameras

or



apps



can



alter



images





Flying Penguins

[Video Link](#)

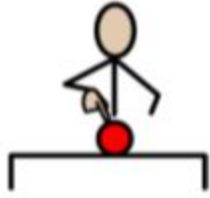


**Of course
it's fake!**





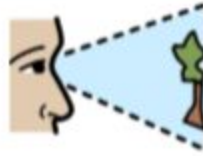
Question



what



you

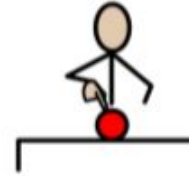


see



Remember

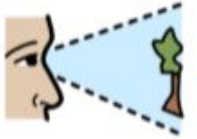
that



what



we

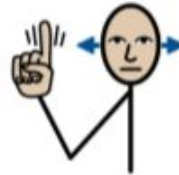


see



online

is



not

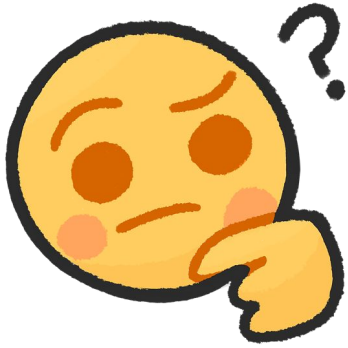
the



whole



picture



Check

the



source

-

is it



trustworthy?



Try

googling

if it is a



scam

or a



hoax



Can

you



find

the



same

information

in other



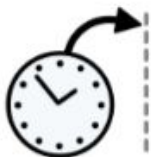
places?



If you are not sure if something



online is real or imaginary...



Just ask someone you trust.



Scams



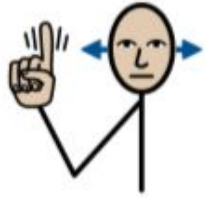
Let's not



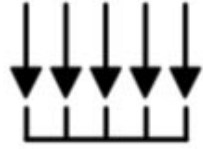
get



tricked!



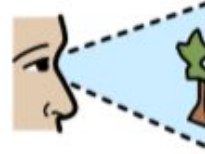
Not



everything



we



see

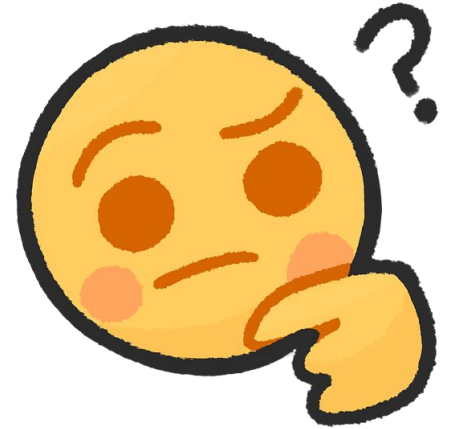


online

is



true





engelsinn
Sponsored

Attention!

**Influencer
wanted!**

Free Jewelry

• No requirements

Get Offer

...

AA dare2020.site

Test Your Bond

Test Your Bond

Enter your Full Name

Full Name

Start

What is your Favorite dessert?
Your Level of Laziness?
What do you use the most?
Which would you drink?
Which one you mostly do?
What are you good at?
If you win a lottery what will you buy?
Which is Your Favourite Color?
What's your pick: pen or pencil?
How many rings you have?
What is your favorite drink?
Do you have Android or iPhone?

Congratulations!

Today, 6 March 2022, you have been randomly selected to take this survey. It will only take a minute and you will receive an amazing prize: **Apple iPhone 13 Pro!**



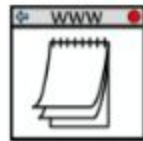
Like every Sunday, we offer amazing prizes to 10 users. Today's prize is an Apple iPhone 13 Pro! Only 10 lucky users living in Ireland will be the winners!

This survey is conducted to improve the services provided to our users, and your participation will be 100% rewarded!

You only have **1 Minutes 24 Seconds** to complete this survey.

Hurry up, the prizes are limited!

Ads, quizzes and offers - THINK before you click!



+



Be careful with adverts on websites and



social media. Some adverts are fake. They can



bring you to a fake website.



Criminals



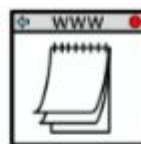
can



copy



real



websites



to trick



people.



A

fake



website



may



try



to

take



your



personal information

or



your



money!








 Phishing happens with email, messaging or social media.








 It might look real or from a company that we


 recognise.









 Never Click on links and never share any


 personal information.

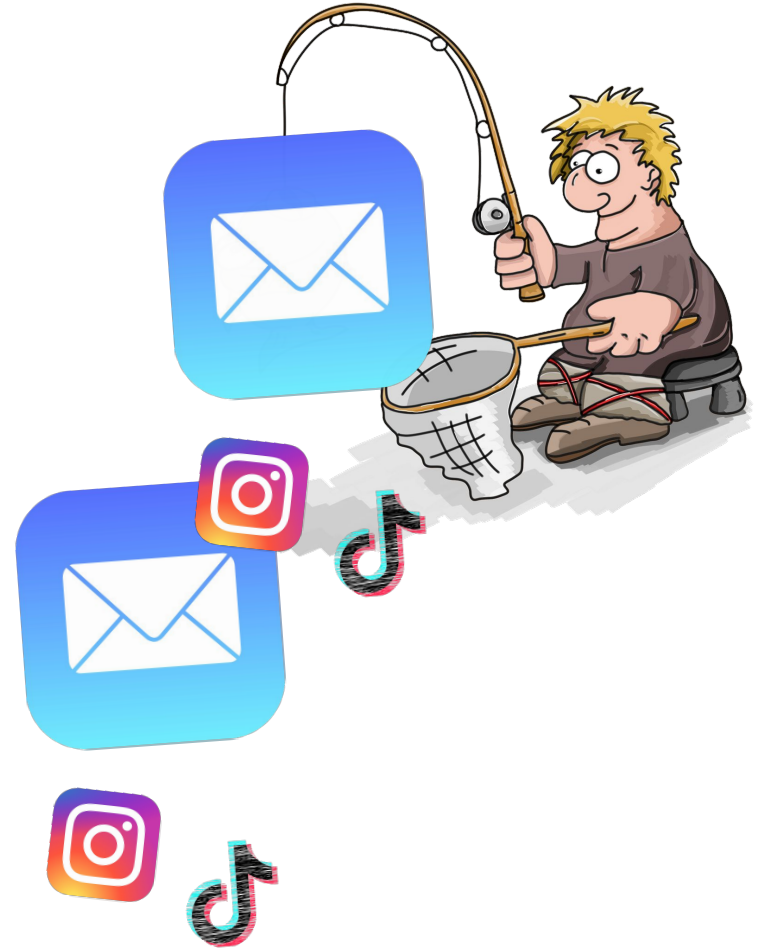






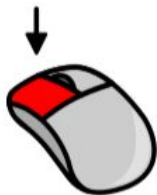

 Always ask someone you trust if you are not


 sure.





don't



click!

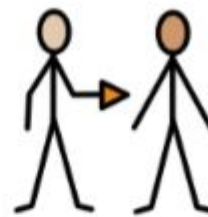


It

could



lead



you

to a



scam

or a



computer virus.



Make



sure



you



think



carefully

+

and



ask



someone



you



trust.



    123 
If you get a call from a number you

 
do not recognise...



Let



the

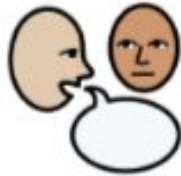
message



go to



voicemail.



Talk to



someone



you



trust.



123

Block the number.





Units 4 and 5

Staying Safe Online



Safe



behaviour



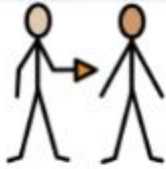
online.



Online



dating.



You

are



online



doing



many



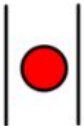
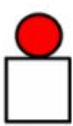
different



online activities.



  
It's good to get the balance

    
right between time on our

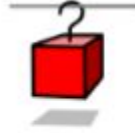
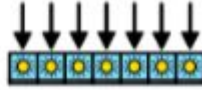
     
devices and time doing other


activities.

1234



3x2=



+



Limit screen time every day. Hang out with friends and family.



No phones at the dinner table.



Do you have any hobbies or play sport?



It's a  good idea to  put

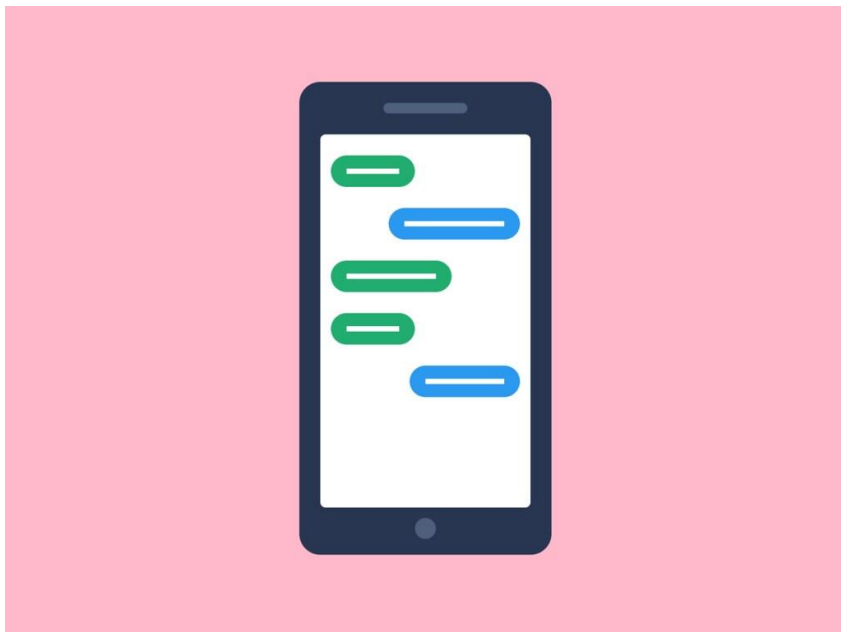
 your  phone  away,

1 
1 hour

  before  you  go to bed.

 You  will  have a better  sleep!







Chatting

to



our



friends



online



can

be



fun



Friends

are



kind



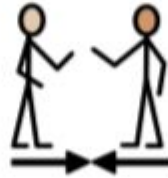
people



you



have



met

in



person



Only



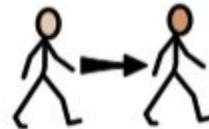
let



your



friends



follow



you



online



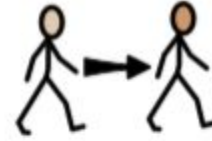
Don't



let



strangers



follow



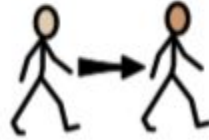
you

+

and



don't



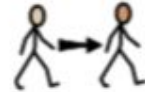
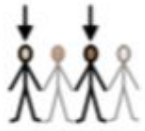
follow



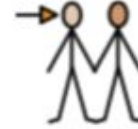
strangers



online!



Some celebrities have accounts for people to follow



but celebrities are not our friends. They are



strangers to us so it is not safe to contact



them.



 Chatting  to  our  work  colleagues  online

 is  different  and  more  formal.  We

 have to  be  very  careful



Do not:



Do not:



Do not:



LOL

Use

text

talk



Text

or



call



Share



information



in

your



messages



your



boss



work



colleagues



outside



work



hours



that

is



inappropriate



Can



you



photograph

or



video



people

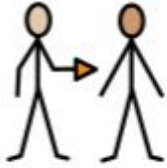
at



work?



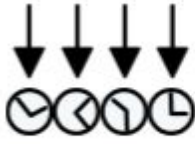
NO!



You



must



always



ask



permission!



Don't



post

other



people's



photos

or



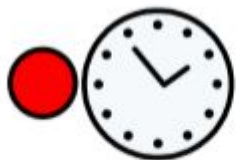
videos



online!



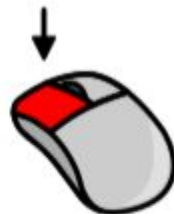
Think



before

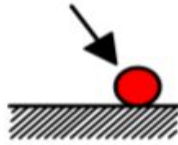


you



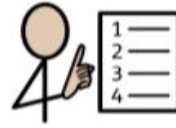
click!





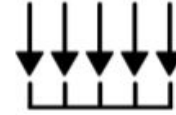
There

are



rules

for



everything



we



do



online

Google

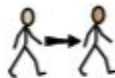


TikTok



Suggested for you.....





Follow the online rules or...



You



might

get in



trouble



with



the



law!



Online



rules

for a



positive



online



journey:



Follow

who



you



like

+

and



trust



online



Don't share



images

or



videos



online



+



Online



rules

for a



positive



online



journey:



Think



before



you



post



online

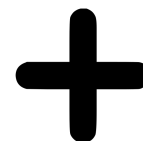


Be

kind



online





Online



rules

for a



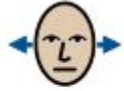
positive



online



journey:



Don't



respond

to



cyberbullies

or



strangers



Your



online



activity



cannont

be



deleted.



STOP!



BLOCK



TELL



Online Dating



Online



dating



can

be



fun

+

and



exciting.



It is

important

to



keep

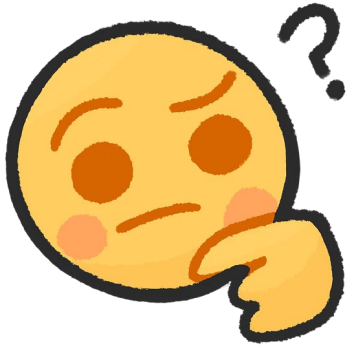


ourselves



safe.





Think about



which



platform



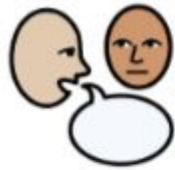
you



want to



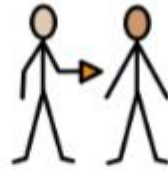
use.



Talk to



someone



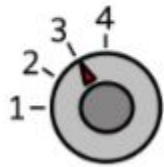
you



trust



about



setting



up

a



safe



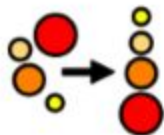
online



profile.



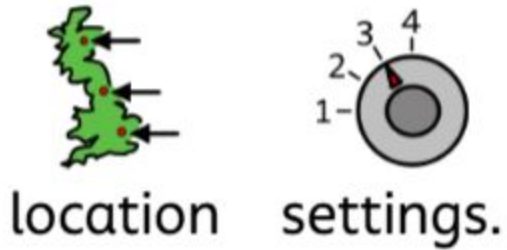
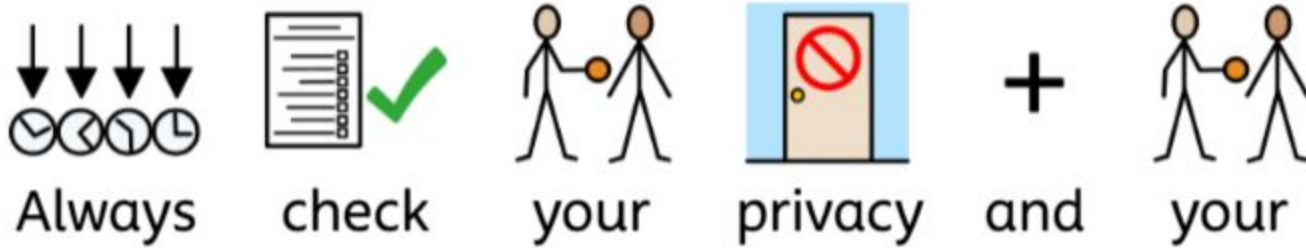
Don't share your name or address or photo.



Always arrange to meet in a public place.



Bring a friend along.

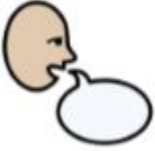




Remember!

     +

People can create fake profiles and

 +  

accounts and pretend to be someone else.

?   

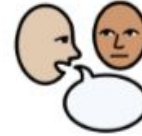
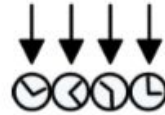
Can you trust them?



If someone online asks for money,



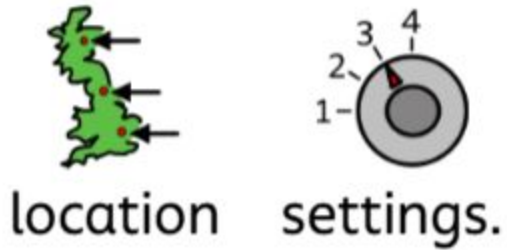
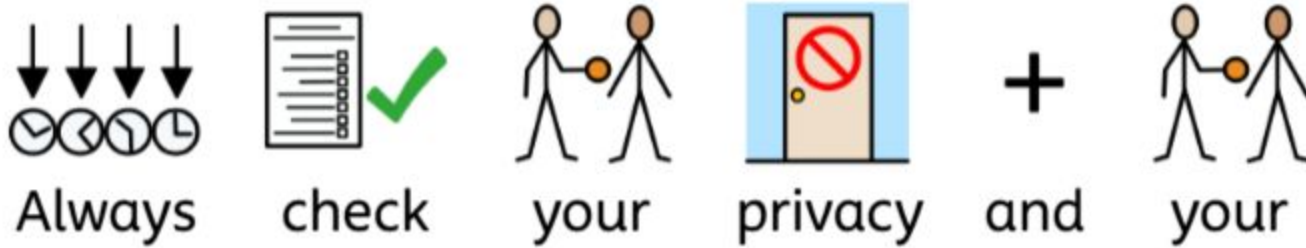
personal information or makes you feel



uncomfortable or anxious always tell a



trusted family member or support worker.





Online Dating

[Video Link](#)



STOP!



BLOCK

TELL







Unit 6

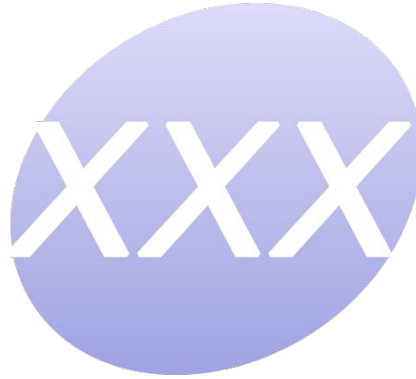
Staying Safe Online



+



Sexting and Pornography.



Sexting and Pornography

What is *Sexting*?

Share your answer ...

Today 14:15

come on just ONE sexy
pic

Hmmm don want you
showing your friends lol

i won't show anyone. for
real

Never?!!

promise x

Delivered



GIPHY via #images





'Sexting'

is



sharing



sexually



explicit



online content



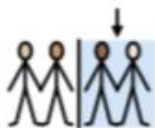
or

'nudes'

of



yourself



or of other people.

Today 14:15

come on just ONE sexy
pic

Hmmm don want you
showing your friends lol

i won't show anyone. for
real

Never?!!

promise x

Delivered



GIPHY via #images





You



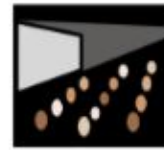
should



never



share



pictures

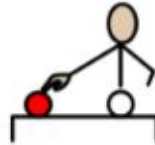
of



yourself



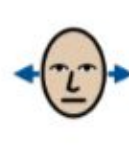
with people



that



you



do not



really



know



online.



You



should



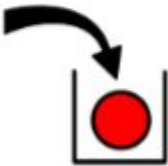
never



feel



pressured



into



sharing

nude



pictures

of



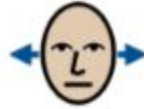
yourself.



We



do



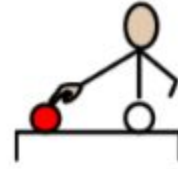
not



know



where



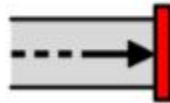
that



photo



could



end



up

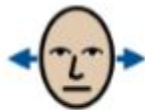


on

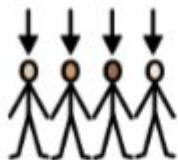
the



internet!



Not



everyone



is kind



online.



Someone



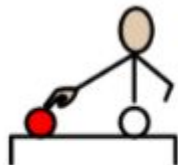
might



use



a nude photo



that



you



shared



with



them

to



blackmail



you.

The Law



There are laws to stop this.



You



would not



want



your



image

or the



image



of someone



you



care for

- being



shared



online.





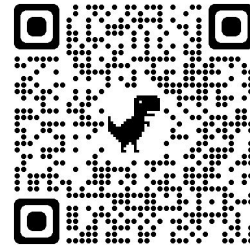
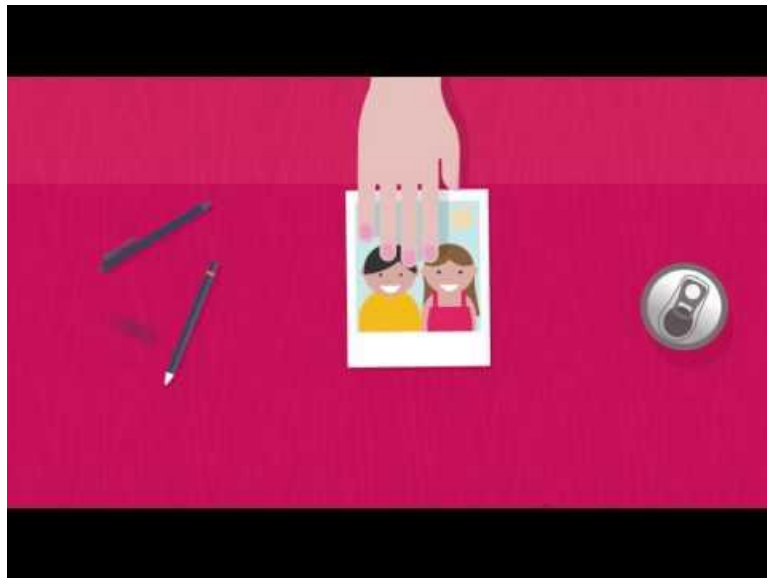
STOP!



BLOCK

TELL





*iParent Online
Pornography*

[Video Link](#)



Know that



pornography

is



not



real

and



it is

not

the best

example

to be

copied

in



your own



life.



In



real



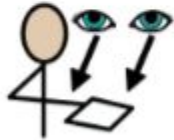
life



relationships



people



show

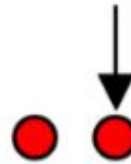


respect

to

1

one



another.



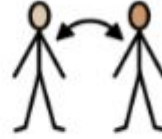
They



care



about



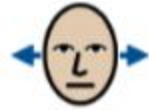
each other's



feelings.



They



do not



try

to



make



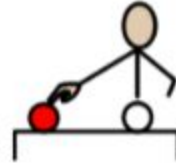
someone



do



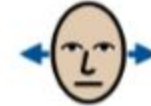
something



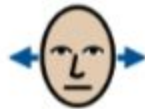
that



they



do not



not

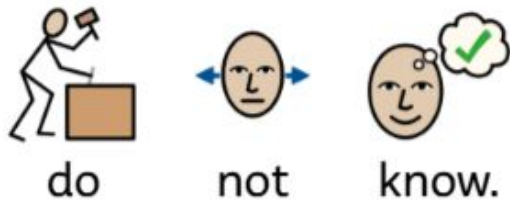
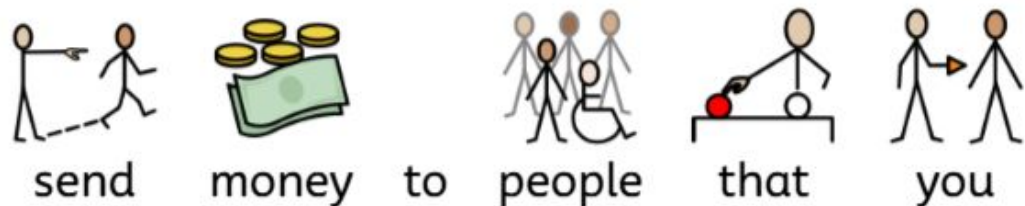
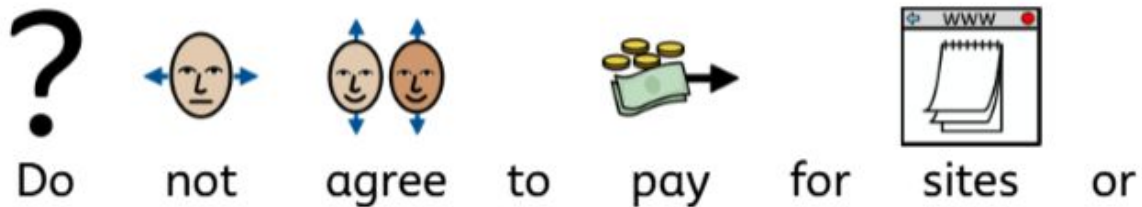


want to



do.

Remember!



Remember!



Viewing



pornography



online

is



private



behaviour.



*Be **SMART** with a heart!*



S = 
S = Safe

  
Don't share your personal information



If someone is nasty to you online or



asks to meet you:



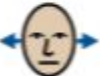
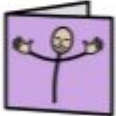
m = 
M = Meeting



Don't **meet** strangers

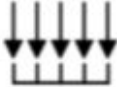
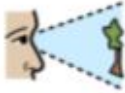


a = 
a = accepting

 Don't **accept**  invitations  from  strangers



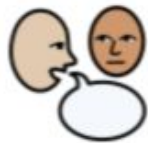
r = **!** 
r = really check

 Remember  not  everything  you  see  online is


true



t = 
t = talk to



Talk to



someone



you



trust

if



you

are



worried

or



upset



with



something



you



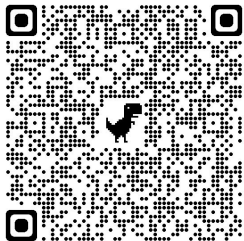
have seen



online

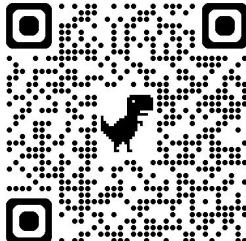


*Be **SMART** with a heart!*



Connected

Flying Penguins
BBC



Tom Cruise
Deep Fake

Introduction
to safe online
dating:
kare.ie



iParent Online
Pornography





Adult
Literacy
for Life

SOLAS
learning works

Staying Safe Online



online

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