GRACE TELLS YOU ABOUT SOCIAL MEDIA SAFETY

Grannie Geek
Keeping You Safe in CyberSpace

BY:

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INTRODUCTION

My name is Grace and I'm 13 years old. All my friends are always on different social media apps like Instagram, Snapchat, and TikTok. At first my mom said I was too young for social media, but eventually she said yes because she wanted me to be able to talk to my friends online. The problem is, no one ever told me how to be safe on social media.

I learned the hard way that you can't trust everything you see online. Some people pretend to be someone they're not. And some people online are mean and make fun of how you look or what you post. I even had a few scary experiences where creepy people messaged me.

So I decided to write this book to help other kids my age stay safe online. I'll talk about things like how to make your accounts private, how to spot fake news, what to do if a cyberbully bothers you, and when you should tell a parent or teacher if something online makes you uncomfortable. I know social media can be fun and help you make new friends, but you have to be smart and know how to protect

yourself too. The internet isn't always nice, but if we stick together and look out for each other, we'll be okay.

I hope by sharing what I've learned, I can help other kids have positive experiences online. No one should have to go through scary stuff just for using social media.

DEDICATION

I would like to dedicate this book on social media safety to my grandniece, Grace. Even though she is really only 2 years old, I want her to have a safe and positive experience when she eventually starts using social media.

Social media has become an integral part of our daily lives. We use it to connect with friends and family, share our thoughts and experiences, and stay updated with current events. However, the rise of social media has also brought about various risks and dangers that can harm young users like Grace.

I dedicate this book to you, Grace, with the hope that it will guide and protect you as you embark on your social media journey. Always remember to use social media responsibly and be mindful of your safety. You have the potential to make a positive impact on the digital world, and I am excited to see what you will accomplish.

A STORY ABOUT ME

Grace tapped her foot impatiently as the school bus lumbered down the road. She couldn't wait to get home and check her Facebook account. She'd just posted new pictures from her best friend's birthday sleepover. She wondered excitedly how many likes and comments she would have.

As soon as the bus stopped, Grace leapt up and raced off. She burst through her front door, tossed her backpack aside, and ran up to her room, nearly tripping over the family cat in her haste. She booted up her laptop and pulled up Facebook. But when the page loaded, her stomach dropped.

"What?!" Grace gasped. Her profile picture had been changed to a goofy cartoon image. All her posts were gone. Even worse, there was now content on her page that she knew she didn't post - silly memes and weird images. "No, no, no!" Jenny felt violated and embarrassed. With rising panic, she realized her account had been hacked.

I want to make sure that this never happens to you so I wrote this book. Here is my advice for you.

FRIEND ONLY PEOPLE YOU KNOW IN REAL LIFE

In today's digital world, social media has become the norm for connecting with people from all over the globe. With just a click of a button, we can have hundreds or even thousands of "friends" on our social media platforms. However, this raises the question: Should we be friending anyone and everyone on social media?

The short answer is no. In fact, it's important to only friend people that you know in real life for several reasons.

Protecting Your Personal Information

When we accept friend requests from strangers on social media, we are essentially giving them access to our personal information. This includes our photos, location, and even our daily activities. While we may think this information is harmless, it can actually be used against us by cyber criminals. By only friending people we know in real life, we can better control who has access to our personal information and protect ourselves from potential hacks or scams.

Maintaining Authentic Connections

In a world where most of our interactions are through screens and devices, it's important to maintain authentic connections with the people in our lives. By only friending people we know in real life, we can ensure that the connections and interactions on social media are genuine and meaningful. This also allows us to better keep up with the personal and important events happening in the lives of those closest to us.

Avoiding Fake Profiles

Unfortunately, there are many fake profiles on social media platforms that are used for malicious purposes. These profiles may use stolen photos and personal information to deceive users into thinking they are interacting with a real person. By only friending people we know in real life, we can avoid falling victim to these fake profiles and protect ourselves from potential scams or catfishing.

Setting Boundaries

Lastly, by only friending people we know in real life, we can set and maintain boundaries on our social media platforms. This allows us to control who has access to our posts and information, avoiding any uncomfortable or unwanted

interactions with strangers. It also helps us manage our time and energy spent on social media, as we are not

It may be tempting to have a large number of friends on social media, it's important to prioritize quality over quantity. By only friending people we know in real life, we can protect ourselves and our personal information, maintain authentic connections, avoid fake profiles, and set boundaries for a healthier and safer online experience.

So next time you receive a friend request from a stranger, remember why it's important to only friend people you know in real life and think twice before accepting that request.bombarded with unnecessary updates from people we don't actually know.

THESE ARE IMPORTANT TOO

Choose Strong Passwords

The first step towards securing your social media accounts is choosing strong passwords. Avoid using easy-to-guess passwords such as birthdates, pet names, or sequential numbers. Instead, use a combination of uppercase and lowercase letters, numbers, and special characters to make your password more complex and difficult to crack.

Enable Two-Factor Authentication

Two-factor authentication (2FA) adds an extra layer of security to your social media accounts by requiring you to enter a code sent to your phone or email before logging in. This way, even if someone gets hold of your password, they won't be able to access your account without the additional authentication code.

Be Mindful of What You Share

Be careful about the information you share on social media, especially if it can be used to answer security questions for your accounts. Avoid posting personal details such as full name, address, phone number, or birthdate. Also, be

cautious about sharing your location in real-time, as it can make you an easy target for physical harm.

Keep Your Privacy Settings Updated

Most social media platforms have privacy settings that allow you to control who can see your posts and personal information. Make sure to regularly review and update these settings according to your comfort level. You may want to limit who can see your posts, who can message you, and what personal information is visible to others.

Beware of Phishing Scams

Phishing scams are a common method used by hackers to gain access to social media accounts. These scams often involve sending fake emails or messages pretending to be from the social media platform, asking you to provide your login credentials. Always double-check the sender's email address and never click on suspicious links or attachments.

Monitor Your Account for Suspicious Activity

Regularly check your social media account activity to spot any unauthorized logins or unusual behavior. Most platforms have a feature that allows you to view recent login activity and log out of all other sessions except your

current one. If you notice anything suspicious, change your password immediately and report it to the platform.

Securing your social media accounts is crucial to protect your personal information and maintain online privacy. By following these tips, you can reduce the chances of your account being hacked and enjoy a safe and enjoyable social media experience

HOW TO SPOT FAKE NEWS

In today's world, we are bombarded with information from all directions - TV, social media, newspapers, and the internet. With so much information at our fingertips, it can be hard to know what is true and what is not. In fact, some people even create fake news stories just to fool others. So how can you tell the difference between real news and fake news? Here are some tips to help you spot fake news like a pro!

What is Fake News?

Fake news is false or misleading information that is presented as if it were real news. It often uses sensational headlines, photos, and videos to grab people's attention and make them believe something that isn't true. Fake news can be found on websites, social media platforms, and even in newspapers and magazines.

Tip 1: Check the Source

The first step in spotting fake news is to check the source of the information. Is it from a trusted news organization or website? Or is it from a random blog or social media account? If you're not sure, do some research to see if the

source has a good reputation for providing accurate and reliable information.

Tip 2: Look for Multiple Sources

If you come across a news story that seems suspicious, try to find multiple sources reporting on the same topic. If only one website or social media account is reporting on it, it could be fake news. Legitimate news stories are usually reported by multiple sources, so it's always a good idea to double-check before believing something.

Tip 3: Pay Attention to the Headline

As mentioned earlier, fake news often uses sensational or misleading headlines to grab people's attention. If the headline seems too outrageous or unbelievable, it's a good idea to do some further research before sharing or believing the story.

 Legitimate news sources strive to provide accurate and unbiased headlines.

Tip 4: Check the Date

Sometimes, fake news stories will use old or outdated information to make their story seem more current. Always

check the date of the article or post to ensure that it is timely and relevant. If the source is using old information, it could be a sign that the story is fake.

Tip 5: Fact-Check

One of the best ways to spot fake news is to fact-check the information. There are many websites and organizations dedicated to fact-checking, such as Snopes and FactCheck.org. If something seems off or too good to be true, check these sites to see if they have already debunked the story.

Tip 6: Use Critical Thinking

The most important tip for spotting fake news is to use critical thinking skills. Think about the source, the information presented, and whether it makes sense or not. Don't just believe something because it confirms your beliefs or opinions - always question and verify the information before accepting it as true.

In today's digital world, where information spreads quickly and easily, it's important to be able to spot fake news. By following these tips and using critical thinking skills, you can become an expert at identifying fake news and avoid spreading false information. Remember to always check the source, look for multiple sources, pay attention to the

headline and date, fact-check, and use critical thinking - and you'll be on your way to becoming a savvy consumer of news. So, stay informed and fact-check before sharing any information with others!

Don't forget to always question and verify the information you come across, and encourage your friends and family to do the same. By being vigilant and using critical thinking skills, we can all help combat fake news and promote accurate information. So next time you see a sensational headline or an outrageous story, remember these tips and be a responsible consumer of news.

Let's all work together to stop the spread of fake news and make the internet a more reliable source of information for everyone.

WHAT TO DO IF A CYBERBULLY BOTHERS YOU

Cyberbullying is defined as using electronic devices such as smartphones, computers or tablets to harass, intimidate or bully someone.

This can include sending hurtful messages, sharing embarrassing photos or spreading rumors and lies about someone online. It is a serious issue that can have long-lasting effects on the victim's mental and emotional well-being.

Identify the signs

If you are being cyberbullied, it is essential to recognize the signs early on. Some common signs of cyberbullying include receiving threatening or hurtful messages, being excluded from online groups or activities, having your personal information shared without consent, and experiencing a sudden change in behavior.

Stay calm

If you are being cyberbullied, it is normal to feel angry, scared or upset. However, it is crucial to try and stay calm. Do not respond to the bully as this may escalate the situation. Take a deep breath and step away from your device if you need to.

Talk to someone

It is essential to talk to someone you trust about what is going on. This can be a parent, teacher, or another trusted adult. They can offer support, advice and help you come up with a plan to handle the situation.

Block the bully

Most social media platforms and messaging apps have the option to block or ignore someone. If you are being cyberbullied, it is essential to block the bully and report their behavior to the platform or app.

Save evidence

It is always a good idea to save any evidence of cyberbullying, such as screenshots of messages or posts. This can be useful if you decide to involve authorities or seek help.

Do not blame yourself

Remember, cyberbullying is never your fault. The bully is the one with the problem, and their behavior is not a reflection of who you are. It is essential to focus on your well-being and not let the bully's words or actions affect you.

Seek professional help

If cyberbullying is affecting your mental and emotional well-being, it may be helpful to seek professional help. A therapist or counselor can provide support and guidance on how to cope with cyberbullying and its effects.

Report the bullying

If the cyberbullying continues or becomes severe, it is essential to report it to a trusted adult, such as a parent or teacher. They can help you report it to the appropriate authorities, such as the school or law enforcement.

Remember, you are not alone

It is crucial to remember that you are not alone. Many people have experienced cyberbullying, and there are organizations and resources available to help those who

are being cyberbullied. Do not be afraid to reach out for support.

Cyberbullying is a serious issue, and it is essential to know how to handle it if you or someone you know experiences it.

Remember to stay calm, talk to someone you trust, block the bully, save evidence and seek professional help if needed.

Always remember that you are not alone and that there is support available for those who are being cyberbullied.

Let's work together to create a safer and kinder online environment for everyone. We can all make a difference by being responsible digital citizens and standing up against cyberbullying.

Together, we can put an end to this harmful behavior and promote positivity and kindness online. So if you or someone you know is being cyberbullied, remember these tips and take action to protect yourself and others. No one deserves to be cyberbullied, and it's time to take a stand against it. Let's make the internet a safe and inclusive space for all.

If you need help dealing with cyberbullying, here are some resources that can provide support and guidance:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

- Cyberbullying Research Center: https://cyberbullying.org/resources/

- StopBullying.gov: https://www.stopbullying.gov/get-help-now/index.html

Remember, you are not alone and there is always someone willing to help.

WHEN TO TALK TO A PARENT OR TEACHER IF SOMETHING ONLINE MAKES YOU UNCOMFORTABLE

Online safety is important, and sometimes you might come across something online that makes you feel uncomfortable. It's totally normal to feel this way and it's important to know when you should talk to a parent or teacher about it.

What are the signs?

Before we discuss when to talk to a parent or teacher, let's first talk about the signs that might indicate you are feeling uncomfortable online:

- You feel scared or anxious while using certain websites or social media platforms

- Someone is saying mean and hurtful things to you online

- A stranger is asking you for personal information

- You see something that makes you feel uneasy, like violence or inappropriate content

If you experience any of these signs, it's important to take action and talk to a trusted adult.

When should you tell a parent or teacher?

Now that we know the signs, let's discuss when it's appropriate to tell a parent or teacher about something that makes you feel uncomfortable online:

- If you feel scared or anxious while using a website or social media platform, it's important to talk to a parent or teacher right away. They can help you navigate the situation and find ways to make you feel safe online.

- If someone is saying mean and hurtful things to you online, definitely tell a trusted adult. Cyberbullying is never okay and adults can help stop it.

- If a stranger is asking you for personal information, like your address or phone number, it's important to talk to a parent or teacher. Never give out personal information online to anyone you don't know.

- If you see something that makes you feel uneasy, tell a trusted adult. It's better to be safe than sorry and adults can help report inappropriate content.

Why is it important?

Talking to a parent or teacher about something that makes you feel uncomfortable online is important for a few reasons:

- Adults can help protect you and make sure you stay safe while using the internet.

- They can provide support and advice on how to handle different situations online.

- Talking to adults also helps prevent potential dangers and keeps everyone informed.

Don't be afraid

Remember, there's no reason to be afraid to talk to a parent or teacher about something that makes you feel uncomfortable online. They are there to help and support you. It's always better to speak up and get help rather than keeping it to yourself and feeling scared or worried. Staying safe online is everyone's responsibility and talking

about your feelings with trusted adults is an important part of it. So, if something online makes you feel uncomfortable, don't hesitate to reach out and talk to a parent or teacher about it. Your safety and well-being are the most important things. So stay safe, be cautious, and always speak up when needed.

Stay safe!

Don't be afraid! You got this!

Remember, there's no such thing as a silly question or concern when it comes to online safety. Your parents and teachers want to help you stay safe, so never hesitate to talk to them about anything that makes you feel uncomfortable or unsure while using the internet. It's always better to be safe than sorry, and by speaking up, you are taking important steps towards protecting yourself and others from potential dangers online. Keep learning and stay safe!

Remember to always ask grown-ups if you are unsure about something online. They are there to help you and keep you safe.

ADVICE FROM GRACE

Social media has become an important part of our daily lives, allowing us to connect with friends and family, share memorable moments, and even learn new things. However, it is essential to understand that social media also comes with potential risks and dangers, especially for children.

As a child, it is crucial to know how to use social media safely and responsibly. Here are some essential tips that will help you navigate the digital world while staying safe and secure.

1. Use privacy settings

The first step to staying safe on social media is to make use of the privacy settings provided by different platforms. These settings allow you to control who can see your posts, pictures, and personal information. Make sure to set your account to private and only accept friend requests from people you know in real life.

2. Be careful with what you share

It is crucial to be mindful of the information you share on social media. Avoid sharing personal details like phone numbers, addresses, or any other sensitive information that could compromise your safety. Remember that anything you post online can potentially be seen by anyone, so always think twice before hitting that 'share' button.

3. Be aware of cyberbullying

Cyberbullying is a severe issue on social media, and unfortunately, children are often the targets. Always be mindful of your words and actions online and treat others with kindness and respect. If you experience any form of bullying or harassment, don't hesitate to reach out for help from a trusted adult.

4. Don't interact with strangers

It's essential to understand that not everyone on social media is who they claim to be. Avoid interacting with people you don't know in real life, and never agree to meet someone you have only met through social media. Remember that your safety should always come first.

5. Talk to a trusted adult

If you ever feel uncomfortable or come across something that makes you feel uneasy, talk to a trusted adult immediately. It could be your parents, teachers, or any other responsible grown-up. Don't hesitate to seek help and guidance when needed.

6. Report suspicious or inappropriate content

Most social media platforms have features that allow users to report any suspicious or inappropriate content they come across. If you see something that doesn't seem right, report it immediately. Remember, you have the power to make social media a safer place.

And also remember:

- Regularly review your friends and followers list to ensure you only have real-life connections added.

- Keep your login credentials secure and never share them with anyone, not even close friends.

- Be cautious when clicking on links or downloading files from unknown sources, as they could contain viruses or scams.

- Use a strong and unique password for your social media accounts to prevent hackers from accessing your information.

- Educate yourself about online privacy and safety regularly to stay informed about the latest threats and risks.

- Remember that nothing is truly private on the internet, so always think before you post anything. Your posts can have long-term consequences.

Social media can be a great tool for connecting with others, sharing memories, and learning new things.

However, it is essential to understand the potential risks involved and take necessary precautions to stay safe on these platforms.

By following these tips and using your common sense, you can enjoy social media while staying safe and secure.

Remember to prioritize real-life interactions and always seek help from a trusted adult if needed.

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