

Internet safety

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What possibilities the internet gives us.

The internet offers us many possibilities such as:

- To look for information in the huge encyclopedia with texts, sounds, images, etc.
- Send or receive messages.
- To exchange large files.
- To discuss writing and exchange ideas with other people worldwide.
- To work cooperatively.
- To have visual contact and audio communication with interlocutors.

How will I know if I spend many hours on the internet

If any of the above are happening then you are probably spending too many hours on the internet

You want to spend more hours on the internet

You fight with your parents about this issue

You feel sick when u don't use it

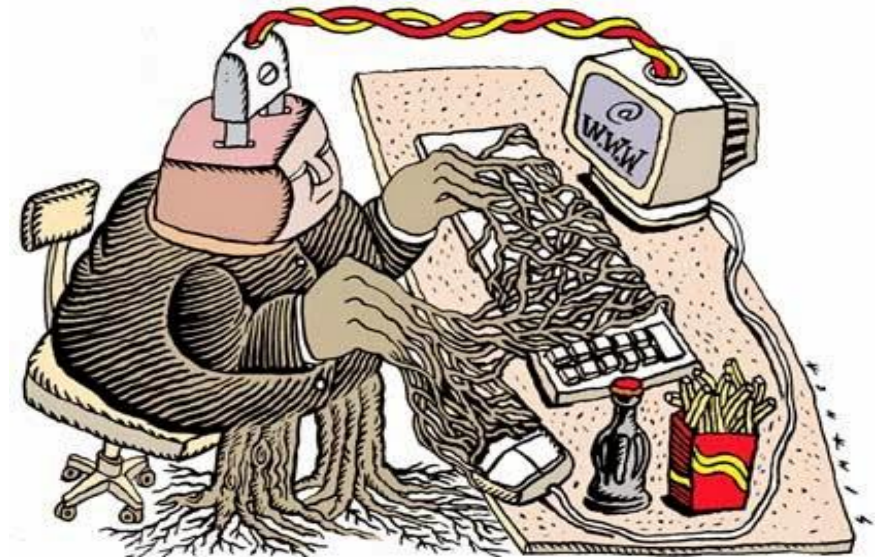
You neglect your family



Your performance in school decreases

What can I do to help my self

- Strengthen your interpersonal relationships and spend more time with your friends.
- Find activities you like to fill your free time
- Set yourself a limit for how many hours you will spend on the internet



What should I watch out for when using social networks

The use of social networks hides a lot of dangers, so I have to be careful about the following :

- ❖ I protect all my personal data.
- ❖ I respect other users.
- ❖ I don't believe what I read on websites, etc .
- ❖ To never reveal personal data from a photo.
- ❖ Not to disclose personal data of others without their approval .
- ❖ Whatever I upload to the internet always stays there



Sources

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Thanks for watching

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