



BE SAFE ONLINE



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DEAR CHILD,

You have surely heard of the internet. It has been known that many children, about 67%, in Tanzania who are between the ages of 12-17-years use the internet every day.

Through the internet children and adults can communicate with anyone within and outside Tanzania, search for information, watch videos and do many other things. To access the internet, you can use a mobile phone, laptop, desktop computer, a tablet, smart watch, smart television, and other devices. You sure know them better than me.

Unfortunately, the use of internet can also connect you to people that you may not know. We call them strangers. Some people you don't know do not always have good intentions. It can be dangerous to connect with people that have bad intentions such as harming you.

When using the internet, it is therefore very important to understand and be aware of opportunities and dangers that the internet can bring. This booklet is developed to inform and guide you on how to enjoy and be safe online.

I hope that you will enjoy, learn and have a lot of fun with this booklet. Always, take care and be safe online.



Dr. Zainab A. S. Chaula
Permanent Secretary

Ministry of Community Development, Gender, Women and Special Groups

MEANING OF WORDS USED IN THIS BOOKLET:

Electronic media - Ways of communicating information that are electronic other than using paper, for example, television and the internet.

Identity - A person's name and other facts about who they are.

ICT - Information and Communications Technologies. A combination of information technology, broadcasting, and communication. One example is the internet.

Online - Being connected to the internet so that one can use its services.

Posting - Sending an electronic message to an electronic platform such as social media to allow people to see it.

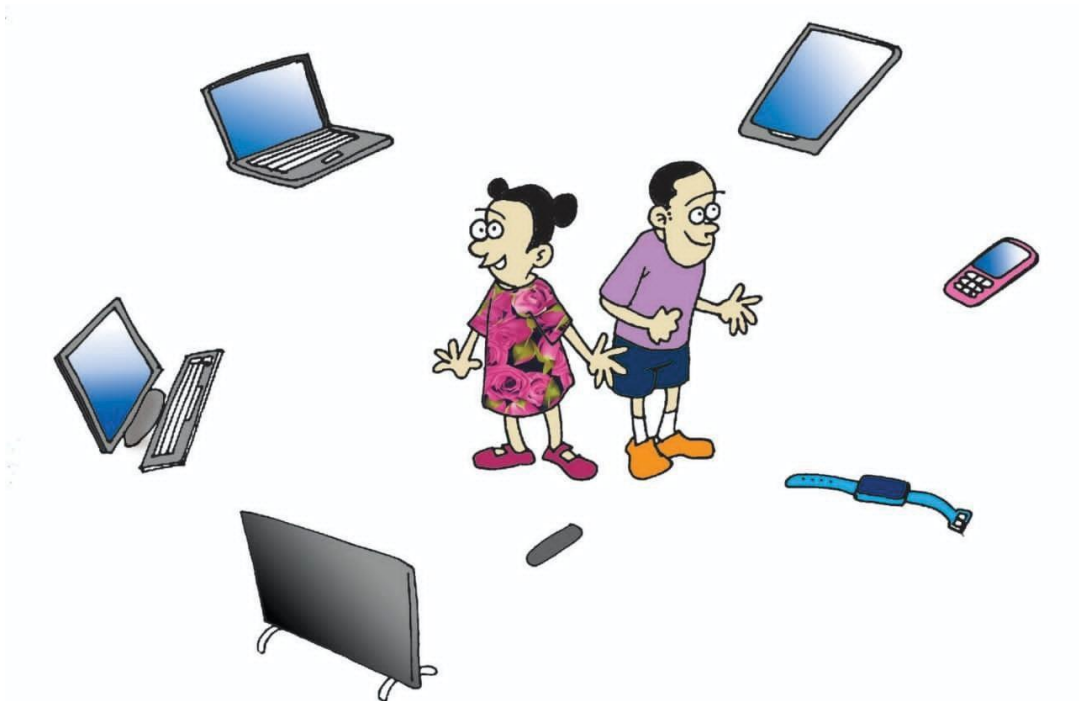
Police Gender and Children's Desk - A special unit within the Tanzanian Police Force with special trained officers to attend cases of gender-based violence and violence against children.

Predator - A person who follows people, both physically or online, to harm them or commit a crime against them.

Social media - Computer applications that allow people to communicate and share information on the internet using an electronic device such as a computer or mobile phone.

HOW DO YOU CONNECT: DEVICES THAT ARE USED TO CONNECT TO THE INTERNET

Before we begin our journey, can you name each device below that is used to connect to the internet?



WHICH APPLICATIONS BELOW DO YOU LIKE AND USE MOST?



BENEFITS AND OPPORTUNITIES OF USING THE INTERNET

Internet offers you a lot of opportunities and benefits. Below are some benefits that you can get by being online:



Learning new things and skills



Watching fun videos and listening to music



Playing games



Socializing with friends



Communicating with friends and family



Posting and sharing personal pictures

THE OTHER SIDE OF THE INTERNET: CRIMES AGAINST CHILDREN

Despite the benefits you get in using the internet, you also need to know that the internet can be dangerous to children and young people. There are different types of online danger for children. These can take the form of sexual exploitation and abuse as explained below.

Child sexual abuse materials. These are pictures, videos, comic books, cartoons and many others showing private parts of a child or children being sexually abused.



Sextortion. This means coercing someone into sending explicit photos and videos and then using them against the victim, often with the threat of sharing them with others, to get sexual favours, money or other benefits. The threat can be for example posting such pictures on social media.

Online grooming. This refers to the process of building a relationship with a child through the internet with the intention of sexually exploiting them.



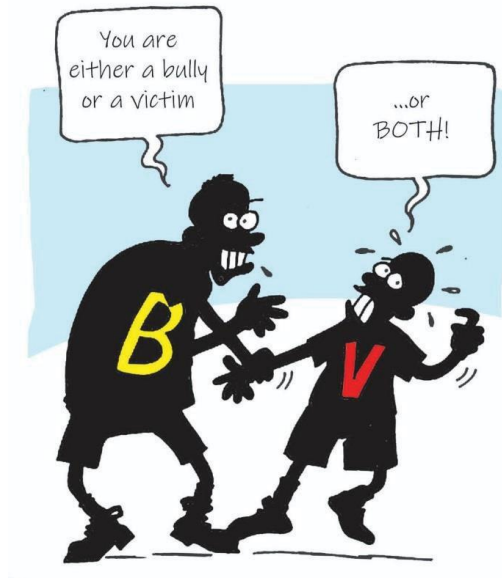
Sexting. This refers to sending or receiving unwanted sexual text messages, photos, or videos by known or unknown persons trying to make sexual contact or groom a person.

Live streaming of sexual acts. This is when a child is forced to participate in sexual activities, alone or with other persons. The sexual activity is, at the same time, transmitted live through internet and watched by others in different locations.



Cyberbullying is when an individual or group of people embarrass, humiliate, threaten, insult, or harass another person via mobile phones, social media platforms, internet or other forms of electronic media. Below you can find some examples of cyberbullying:

- Sending mean or threatening messages online about another child.
- Spreading gossip or rumors online to damage another child's character.
- Stealing another child's online account and using it to send hurtful messages, pictures or videos.
- Creating online accounts that have stories, cartoons, pictures, or jokes that humiliate other children.
- Taking and posting an embarrassing photo of another child or friend online without consent or permission.
- Tricking another child or a friend to share personal information and then forwarding it to others.
- Posting hurtful or false information about another child or person online.
- Editing and posting pictures of other children.



WHO CAN ABUSE AND EXPLOIT YOU ONLINE?

Be aware that you can be abused online by different people including those who are known to you and those who are not known to you. Those who are not known to you, we call them strangers. People who are known to you but who still can harm you are for example your friends, relatives, members of your family, house girls or boys who work at your house, teachers, and neighbors.

Always remembers that online predators will use fake identities to make you believe that they are a child like you, but often they are not.



WHAT HAPPENS IF I USE THE INTERNET A LOT?

Using the internet often can make you avoid meeting friends and lose interest in doing your hobbies or other interesting things. It is called internet addiction. You will know that you are addicted and need help when some of the following occurs:



When you start feeling happier with online friends and stop meeting offline friends.



When you cannot stop yourself from playing online games or using the internet without any purpose.



When you start avoiding school or daily activities and opt to spend time online.



When you spend most of your day on the internet.



When you feel moody, down, angry when asked to stop the use of internet.



When you use internet to make you happy when you are sad.

HOW CAN YOU STAY SAFE ONLINE?

Here are some important things that you can follow that can keep you safe online.

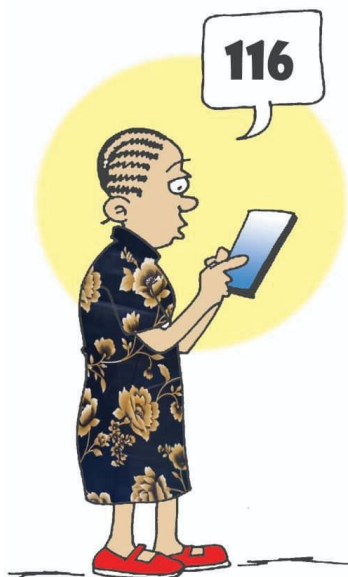
- Know that once your information is shared on the internet, you have no control or power to remove it. Once you send, share or post something online you can delete it, but you can never permanently remove it from the internet.
- Never take or post your private or naked pictures or of anyone online.
- Unless you know the person, avoid sharing your private and family information such as your name, location, address, e-mail, and mobile phone number. These can be easily used to identify you.
- Avoid sharing inappropriate pictures, including sexual abusive pictures, pornography, or information with others.
- Never share your personal passwords with anyone.
- Be careful of what you post online. Avoid oversharing information and exposing too much of your life online because what you post can be used as a weapon to hurt you.
- Before sharing anything online, ask yourself this question, "Is this fine with my parents, relatives, family members, teachers, Pastor/Imam, Government or the rest of the world to see the post? If not, edit and re-edit before sharing.
- Make sure the information you share is true and respectful to other people.
- Always keep a copy of inappropriate messages sent to you before deleting. This can be provided as evidence to the police/Court.



WHERE CAN YOU REPORT?

If someone is bothering you online, or asks you to do things that you don't want or is threatening you; **take action** and do the following:

- Tell a teacher that you trust, preferably the *Guiding and Counseling* teacher.
- Tell your mother or father or other family members you trust
- Call the free helpline 116 where you can talk to someone and get help
- Visit a *Police Gender and Children's Desk* and report the matter
- Visit the children's desk in school
- Visit a near-by *Social Welfare Office* or call if you have their number



BEFORE WE FINISH; DO YOU KNOW HOW TO BLOCK SOMEONE?

Here is how:

TIPS TO STAY SAFE ON **INSTAGRAM**



- Disable the geo-localization of your photos. It is risky if people can find out where you are.
- Deactivate the "ADD AUTOMATICALLY" option for tagging

DO YOU KNOW HOW TO BLOCK SOMEONE?

1. Press the username to go to their profile.
2. Press "OPTION" (...) button in the upper right corner
3. Press "BLOCK".

NOTE: after blocking a user their "LIKES" and comments are not deleted from your photos and videos. You can delete the comments on your posts. The person will not receive a notification that they have been blocked.

TIPS TO STAY SAFE ON **Facebook**



- Before you post something, ask yourself if it would bother you if other people share it. If so, it is better to not post it.
- Before accepting someone as a friend, ask yourself, do you know each other in person? Do you have friends in common?
- Locate the "FIND SUPPORT OR REPORT POST" button to notify Facebook when a post has content that upsets you.

DO YOU KNOW WHO SEES YOUR POST?

1. Log into Facebook and press the menu button
2. Go to the "PRIVACY SHORTCUTS" section
3. Press "SEE MORE PRIVACY SETTING".
4. Press "WHO CAN SEE YOUR FUTURE POST" then select the option you want.

TIPS TO STAY SAFE ON **WHATSAPP**



- Keep in mind that anyone who has your phone number can message you on WhatsApp
- If you receive unpleasant messages, do the following: open that person's chat, touch their contact name, then select and press "BLOCK"
- If you send a message by mistake, select it, then press "DELETE" and then press "DELETE FOR EVERYONE".

PREVENTING STRANGERS FROM SEEING YOUR PHOTO!

We recommend that you only leave your WhatsApp profile picture visible to your contacts. To do this:

1. Go to "SETTING"
2. Then go to "PRIVACY" and then go to "PROFILE PHOTO"
3. Finally select "MY CONTACTS" OR "NOBODY"

TIPS TO STAY SAFE ON **YOUTUBE**



1. Do you upload videos? Be aware of the type of content you record. The content must not be violent, dangerous, or sexual.
2. Use YouTube's privacy option to limit who sees the videos you post.
3. If someone uploaded a video of you without your permission, you can ask YouTube to remove the content by reporting the video.

DO YOU KNOW HOW TO REPORT A VIDEO?

1. Under the video you want to report click "OPTION".
2. Select "REPORT"
3. Select a reason why you want to report the video.

NOTE: Remember that sexual content involving minors is a crime and you should always report it to the authorities.

I hope that now you know how to enjoy the internet and be safe online by protecting yourself and others.

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for every child