Student’s Name: ____________________________________  
Teacher’s Name: ________________________________

Assessment Task for Stage 4: Year 8

Subject: PD.H.PE – Life Skills

Topic: Health Matters – Website Review

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<th>Assessment Task No.</th>
<th>Due Date:</th>
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<td>Term 3 Week 8 2014</td>
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<td>Assigned Theory Lesson _________________</td>
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THIS ASSESSMENT TASK CAN BE FOUND ON THE COLLEGE WEBSITE UNDER THE LEARNING AND TEACHING TAB

Submission Instructions

- This task will be completed in class on the due date.
- You have 4 weeks to prepare using the guidelines on the following pages.
- Submit the task by handing to your teacher and signing a class list during your lesson on the due date.
- This cover sheet must be attached to the task.

Life Skills Outcomes

LS.25 - engages in practices that promote health and safety

Student Confirmation

By submitting the task for marking, I acknowledge the following:

1. The work submitted is my own work and appropriate acknowledgement of all sources has been made.
2. I am aware that the work may be submitted to plagiarism detection processes for the purpose of detecting possible plagiarism.
3. Where the work of others is used and not acknowledged, a finding of plagiarism will be made and a mark of zero awarded and I will have to resubmit the task.
4. I have a copy of this assessment if the original is lost or stolen.

Student’s signature: ____________________________ Date: ________________
TASK DETAILS

Topic: Internet Safety


What is the phone number for the kids Helpline?

1800 _ _ _ _ _ _

2. Click on the pink box “Kids”

3. At the top of the page click on the purple speech box “Information”

4. Click on the heading “More Hot Topics”

5. Look at the list on the right hand side of the page under the heading “Hot Topics”.

Choose 5 that you think would be helpful to teenagers and list them below.

- ________________________________
- ________________________________
- ________________________________
- ________________________________
- ________________________________
- ________________________________

6. Click on the topic “Internet Safety”. Read the information provided and answer the questions below.

- Note: The information is also written on the page to help you
What is the phone number for the kids Helpline?

1800 ___ ___ ___ ___

Internet Safety

The internet is an amazing invention, it's almost like it has brought the whole world into people's homes. You can play games with other kids who live on the other side of the world, meet people that you would never normally meet and find out about pretty much anything, all with the click of a mouse.

7. What is good about the internet?

_____________________________________________________________________________________

_____________________________________________________________________________________

7. Fill in the missing words below

playing dangers protect home yourself

stranger safe internet online

The not so good side

Although the ____________ is a wonderful thing, it also has some _____________. People often talk to kids about ____________ danger and staying ____________ when you are out and about, but what about when you are at ____________ on the computer? Do you ever think about stranger danger or keeping ____________ safe when you are chatting or ____________ online? It helps to know about these dangers and what you can do to ____________ yourself, so you can stay safe ____________. To follow are some things to look out for, and ideas about how you can look after yourself.
What is the phone number for the kids Helpline?

1800 __ __ __ __

How do you know?

One of the things about online friends is that you can't see them, so how do you know that they are who they say they are? It may be that the new friend you met in a game or chat room is the 12 year-old girl that she says she is OR it may be that 'she' really is a 40 year-old man pretending to be a young girl!

8. What is a problem with online friends?

____________________________________________________________________________________

Here are some things to keep in mind that will help you stay safe:

1) Talk to your parents or guardians about any new friends you have made online
2) Never meet someone who you have met online or have them visit you without talking to your parent or guardian about this first
3) Don't give out any personal information to people that you haven't met in "real life"
4) Set your profile to private - that way you can be sure that only the people you want to see your stuff will see it!
5) Don't accept friends requests if you don't know the person
6) Tell a trusted adult straight away if your new friend is saying or asking you things that make you feel uncomfortable

9. List 6 things that will help you stay safe online

1) ______________________________________
2) ______________________________________
3) ______________________________________
4) ______________________________________
5) ______________________________________
6) ______________________________________
What is the phone number for the kids Helpline?

1800 _ _ _ _ _ _

Cyberbullying

Just like there can be bullies in the playground, there can be people who bully other kids over the net. Cyberbullying can involve:

- teasing someone online
- spreading rumours about someone online
- sending hurtful or scary messages to someone

10. What can cyberbullying involve?

Cyberbullying is NEVER okay and is something that is so serious that it can sometimes end up being investigated by the police.

If you are being cyberbullied:

- tell someone you trust
- block the person who is doing it to you
- report it
- keep any texts, conversations or emails so that you can show them to someone who might be able to help you

11. What can you do if you are being cyberbullying?
What is the phone number for the kids Helpline?

1800 __ __ __ __ __

Internet and the law

It can be useful to know some of the legal rules about using the net so that you don't accidentally end up breaking the law and getting into trouble. You would be breaking the law if:

1) you take pictures or sound from someone else's website without asking first
2) you put sounds, pictures or words onto other people's websites without their permission
3) you send photos of yourself without your clothes on (even if it's just to friends and/or it's just a joke!)
4) you cyberbully another person

12. List 3 ways you can break the law

1) __________________________________________
2) __________________________________________
3) __________________________________________

To protect yourself, it's a good idea to keep your password secret and not share it with anyone (except your parents or guardians). This is because someone could go online pretending to be you and do something wrong or even illegal and YOU could be the one that gets into trouble.

13. What can you do to protect yourself?

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
What is the phone number for the kids Helpline?

1800 _ _ _ _ _ _

Other ways to stay safe

Sharing the fun

One of the really good ways to keep safe on the net, is to share what you are doing with your parents or guardians. Talk to them about the games you are playing, the people that you are chatting to and anything that might make you feel uncomfortable.

Personal information

Be very careful about the personal information that you tell people. Unless you have your parents or guardians permission NEVER give out:

- your name
- your home address
- your school name
- your telephone number
- the sporting clubs you belong to
- pictures of yourself

If you are using instant messaging programmes, online video games or other sites that require a login name, choose a name that doesn't reveal any personal information about yourself.

14. What personal information should you never give out on the internet?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
15. Fill in the missing words below

<table>
<thead>
<tr>
<th>friends</th>
<th>talk</th>
<th>call</th>
<th>help</th>
<th>block</th>
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<td>answer</td>
<td>use</td>
<td>messages</td>
<td>someone</td>
<td>front</td>
</tr>
<tr>
<td>tell</td>
<td>respectfully</td>
<td>scared</td>
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**Everyone has the right to feel safe**

Everybody has the right to feel safe and to be treated ___________ whether the person is right in ________________ of you or online.

If you read or see something on the internet that makes you feel scared, worried, unsafe or even just a little bit confused or concerned ________________ someone!

Here are some other ideas about what you can do if things are happening in cyberspace that don't feel good:

- Leave the game or chat room straight away if ________________ says or does stuff that scares you
- Don't ________________ messages that make you feel uncomfortable
- Don’t open ________________ from people that you don’t know
- If someone is behaving badly online, ________________ them

The internet can open up new possibilities and introduce you to new ________________, and as long as you keep safe, it can be a fun and exciting place to explore.

If you would like to ________________ about your experiences using the internet or any concerns that you might have, you can ________________ Kids Helpline on 1800 55 1800, 24 hours a day, 7 days a week or ________________ our [email](mailto:info@kidshelpline.com) or [web counselling services](http://www.kidshelpline.com). We will listen to you and ________________ you work out what might help.