SHAN GULDEN
SOCIAL DEVELOPMENT
CONSULTING

Staying Safe Online:

Understanding

CSAM

Protecting Yourself from Child Sexual Abuse Materials

About the Organization

SDC is a registered non-profit organization that aims to empower and strengthen communities through education and awareness. Our focus is building more peaceful, inclusive and secure communities. We do this by working with vulnerable children and adults, including their families and communities.

The organization was founded in September 2021 by Shan Gulden, who has over 20 years experience in digital security. The organization has volunteers from all over the world, who are passionate about helping people. We are also a group of passionate parents learning more individuals and organizations based in the exploring and trade program.

The Modules

- What is the Internet?
- What is Child?
- Recognizing online dangers
- Protecting your personal information
- Understanding consent & boundaries
- What to do when you feel unsafe
- Becoming a smart Internet user
- Balancing screen time
- Supporting others
- You have the power!

What is the Internet?

The Internet is like a massive digital hub that connects billions of people worldwide. It's a place where people share information, ideas, and interactions in real-time. It's a place where people can learn, work, and play with others from different cultures and backgrounds. While it's an exciting and educational tool, just like in real life, you need to be smart and safe when using it. The Internet can be a great place for learning, connecting with friends, and exploring new interests, but it's important to be aware of the potential risks and dangers. Just like in the real world, there are people who may not have good intentions, and it's important to know how to protect yourself and your personal information.

Speaking up helps protect you and other children too.

What is the Child?

CSAM STANDS FOR Child Sexual Abuse Material. It refers to any photos, videos, or other materials that depict the sexual abuse or exploitation of a child in a sexual way. It is very harmful and is a serious crime in many countries. It's important to be aware of this issue and to ensure that children and adult be stopped.

The problem has been growing over the years. In 2021, more than 29 million cases of CSAM were reported worldwide, and this number has been rising steadily since then. The Internet has made it easier for people to share and distribute this material, which has led to an increase in the number of cases. It's important to be aware of this issue and to take steps to protect children from being exploited and abused online.

Recognizing Online Dangers

When you're exploring the digital world, it's important to be aware of potential dangers. Online dangers can range from cyberbullying and scams to more serious issues like predators and inappropriate content. It's important to be mindful of these risks and to take precautions to protect yourself. Information or giving involved in uncomfortable situations, or feeling pressured to do something you don't want, are three ways to look out for and protect yourself from online dangers.

Cyberbullying is when someone uses the Internet to harass, embarrass, or threaten someone else. It can take many forms, such as sending mean messages, spreading rumors, or posting embarrassing photos or videos. It's important to be aware of the signs of cyberbullying and to take steps to protect yourself and your friends from it.

It's also important to respect other people's boundaries and to be careful about sharing personal information or photos online. Predators may pretend to be friendly and ask for personal information or even pressure you into sharing inappropriate photos or videos. It's important to be aware of these tactics and to be careful about who you share your information with.

Online games can be fun and a great way to connect with friends and family, but they can also be a place where people may try to take advantage of others. It's important to be careful about who you play games with and to be aware of the potential risks associated with online gaming, such as cyberbullying and scams.

Protecting Your Personal Information

The digital world offers many opportunities for learning and connection, but it also poses some risks to your personal information. It's important to be aware of these risks and to take steps to protect your personal information online.

One of the most important things you can do is to be careful about what you share online. This includes things like your full name, address, phone number, school name, or anything that can be used to track your location or identify you in real life. Sharing this information can make it easier for someone to find you in the real world and may put you at risk of cyberbullying or even physical harm.

To protect your personal information, it's important to use trusted adult before sharing anything online. When creating accounts on websites or apps, it's important to use a strong password that is not easy to guess and to avoid using the same password for multiple accounts. Be careful about what you include in your online profiles, and consider using privacy settings to limit who can see your information. Be careful of suspicious emails or messages that may try to trick you into giving up your personal information, such as asking for your password or bank account details.

Understanding Consent & Boundaries

Consent means giving permission willingly and happily, both online and offline. In the digital world, it's important to understand that consent is just as important as in the real world. Sharing someone else's photo or video without their knowing about it, for example, is a violation of their boundaries and can be harmful. It's important to respect other people's boundaries and to be careful about the decisions and never try to pressure you into doing something you don't want to do.

It's also important to respect other people's boundaries when it comes to sharing personal information or photos online. For example, it's important to be careful about tagging someone in a photo or sharing a photo of someone else without their consent. Be careful about who you include in your online profiles, and consider using privacy settings to limit who can see your information. Remember that asking for or sharing inappropriate photos or videos is not okay and can be harmful to the people involved. It's important to be careful about the kind of content you share and to be aware of the potential consequences of your actions.

Online games can bring people together and provide a fun way to connect with friends and family, but they can also be a place where people may try to take advantage of others. It's important to be careful about who you play games with and to be aware of the potential risks associated with online gaming, such as cyberbullying and scams.

What to do When you feel unsafe?

Feeling unsafe online can be a scary and overwhelming situation, but it's important to know that there are steps you can take to protect yourself. If you feel uncomfortable or threatened while using the Internet, such as being asked to share personal information or receiving inappropriate messages, it's important to trust your instincts and to take action to protect yourself. This may include blocking the person who is making you feel uncomfortable, or even reporting the behavior to the platform or to a trusted adult. Remembering, it's always better to ask for help if you feel unsafe than to try to deal with the situation on your own or to ignore it and hope it will go away.

Being a Smart Internet User

Being a smart Internet user means using your critical thinking skills to evaluate the information you see and interact responsibly. It's important to be aware of fake news, misinformation, and scams, and to be careful about who you share your information with. It's also important to be respectful of other people's boundaries and to be careful about the kind of content you share. The stories how important it is to build a positive digital footprint, and to be careful about anything you post online, as it can have long-term consequences. For more information on how to be a smart Internet user, see the "Smart Internet User" section.

Balancing screen time

Balancing screen time is important for maintaining a healthy lifestyle and for ensuring that you are not spending too much time on screens. While technology can be a great way to stay connected with friends and family and to learn new things, it's important to be mindful of the amount of time you spend on screens and to make sure you are also engaging other activities throughout the day, such as spending time with family and friends, playing outside, reading books, or engaging in hobbies or sports. It's important to be aware of the signs of screen addiction and to take steps to prevent it from becoming a problem.

One way to help manage your screen time is to use a timer or set a schedule for when you can use a device or screen time and to set something 30 feet away. This can help you to stay focused on the task at hand and to avoid the temptation to spend more time than you intended on your device. It's also important to be aware of the signs of screen addiction, such as feeling irritable or anxious when you don't have access to your device, or neglecting other responsibilities in order to spend more time on screens. If you or someone you know is showing these signs, it's important to talk to a trusted adult and to seek help if needed.

Supporting others

Being a good digital citizen means not only keeping yourself safe online, but also being a good friend and ally to others who may be facing cyberbullying or other online issues. If you see someone being cyberbullied or bullied in a friend sharing too much personal information, it's important to speak up and offer your support. Standing up for others can make a huge difference in the online world!

You have the Power!

You have the power to make a difference in the online world. By staying informed about cyber threats and taking steps to protect yourself and your friends, and using technology wisely, you can enjoy all the benefits the Internet has to offer while staying safe and avoiding potential dangers and problems. Remember, 2023. Think of knowledge as your superpower and use it to make the Internet a safer and more fun place for yourself and your friends. Remember, and secure that navigating the digital world can be a fun and rewarding experience when you take the necessary precautions and stay informed about potential risks and dangers.

As a young person growing up in the digital age, it's important to be aware of the potential dangers and to take steps to protect yourself and your friends. By staying informed about cyber threats and taking steps to protect yourself and your friends, and using technology wisely, you can enjoy all the benefits the Internet has to offer while staying safe and avoiding potential dangers and problems. Remember, 2023. Think of knowledge as your superpower and use it to make the Internet a safer and more fun place for yourself and your friends. Remember, and secure that navigating the digital world can be a fun and rewarding experience when you take the necessary precautions and stay informed about potential risks and dangers.

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Crossword Puzzle

ACRONYM
ANONYMOUS
CYBERSPACE
DIGITAL FOOTPRINTS
INFORMATION
CONSENT

INTERNET
MALICIOUS
MISINFORMATION
ONLINE
PERSONAL
PRIVACY
SCAMS
SOCIAL MEDIA
STRANGERS
TRUSTED ADULT
VIRTUAL
WORLD
CYBERBULLYING
PHISHING
POWER
CYBERBULLYING

✯ SHARE YOUR THOUGHTS HERE ✯

SHAN GULDEN
SOCIAL DEVELOPMENT CONSULTING

This handbook was produced as a result of detailed exploration and research by the SDCSD team.

shangulden@sdcsd.org
thesdcsd.org