







## Safer Internet Day - Feelings

Why is it important to talk to someone you trust when you are worried about something online?



Possible answers: to help you solve the situation, to get advice and support, to make sure that going online is a positive experience.

How would the situations below make the person feel?



### Feelings

1. Sami watches a video of an amazing trick shot. They try to do it themselves but just can't get it right.
2. Joe is noticing that lots of the people he sees online do not look like him, they all seem to be so 'perfect'.
3. Mae receives a message that says you should share it with five friends or get bad luck. When Mae shares it, her friends all laugh at her for believing it.
4. Mani keeps receiving lots of private messages online from very long and odd-looking usernames. He is not sure who these people are.
5. Charlie sees some exciting news about a new game being released and sends it to her friends. One of them replies explaining that it's not real.



Choose one of the situations and decide how you would give them advice. Write the advice as if it was an email.