



Risky Behavior And Online Safety

- when it goes too far!

Done By:

Mrs. Elahie-Mirza
Guidance Counsellor
Asja Boys' College
San Fernando

What Is 'Risky Behavior'?

Any behavior that:

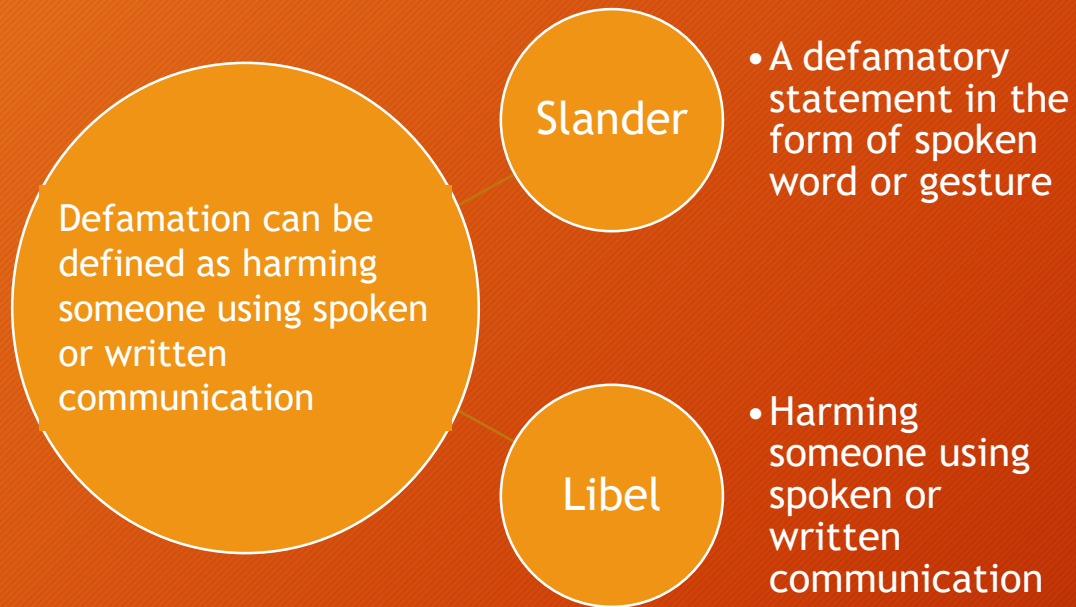
- Exposes you or others to any type of harm or risk of harm (physical, emotional, psychological)
- Is purposeful and involves a high chance of having a negative impact on you or others.
- Has the potential to negatively affect your life
- NOTE: while risky behavior is a normal part of teenage life, these behaviors can have severe consequences on one's life.

Some Examples Of Risky Behavior Include But Are Not Limited To:

- Alcohol use
- Drug use
- Tobacco use
- Violence
- Fighting
- Bullying
- Possession of arms and ammunition
- Early and unprotected sexual activity
- Promiscuity
- Exposure of private parts
- Sending and receiving nude photos
- Sexting
- Making or sending sex videos
- Doing challenges or following trends that involve possible injury to self or others
- Lack of respect for authority
- Truancy
- Illegal activities
- Dangerous driving

What Does The Law Say?

- DEFAMATION ACT JANUARY 1846 (AMENDMENT 2001) -



CYBERCRIME ACT NO. 15 OF 2017

Clause 18 -

Using a computer system to harm someone by sending pictures, videos, messages to them is an offence.

This carries a fine of imprisonment.

The Law Continued:

- OFFENCES AGAINST THE PERSON ACT NO. 10 OF 1925 CHAP. 11:08 (SECTION 30 (1)).
- Harassment of a person including harming the person or causing the person distress by following or making visual recordings of; stopping or accosting the person is an offence.
- Making contact with the person whether gesture, verbally or via a computer post which causes distress to the person is an offence punishable by law. (6 months imprisonment or \$2000.00 fine)

The Impact of Social Media on Self.

- Psychological - envy, anxiety, depression, decreased well being, self consciousness, narcissism (mental disorder where the individual craves attention and recognition), low attention to academics, internet addiction, unrealistic expectations, less comfortable in real life social situations.
- Social - fun, make and maintain friendships, share interest with others, learning about new things, people and places, positive self esteem.
- Physical - eye strain, social withdrawal, lack of sleep, stress on the body and mind, reduce time in day to day activities, less moving around.

Types Of Social Media Abuse.



Games and Challenges



Tips On How To Stay Safe And Reduce Risk Online.

- Think about what you are posting and whether posting it will have negative consequences.
- If you would not do it in real life do not do it online.
- Avoid posting in haste or out of anger.
- Remember What you share online remains online even after you delete it.
- Always change your usernames and passwords.
- DO NOT share your personal information online.
- Manage your time on social media.

Remember!



ZIP IT

Keep your personal stuff private and think about what you say and do online.



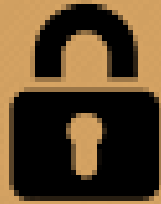
BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.



**THANK YOU
FOR WATCHING
AND
STAY SAFE!**