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Co-funded by the  
Erasmus+ Programme  
of the European Union

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# How to be safe on the Internet?

by Polis

It's general workshop about the Internet. Participants will be discussing why they use it, why it is good and why can be bad. They will be discovered the tools to help them to increase level of the safety on the Internet.



# GENERAL DESCRIPTION

TARGET GROUP	12 people/at least B1 level digital literacy requirements: different levels
TIME	<ol style="list-style-type: none"><li>1. Integration (25 minutes)</li><li>2. Contract (15 minutes)</li><li>3. Balloon of hopes and fears (20 minutes)</li><li>4. What do we do online (55 minutes)</li><li>5. Myths about activities online (25 minutes)</li><li>6. Dangerous activities online (60 minutes)</li><li>7. How safe on the internet am I? (45 minutes)</li><li>8. Is it Internet good or bad? (60 minutes)</li><li>9. How to talk to different group about their activities online? (35 minutes)</li><li>10. Summary (20 minutes)</li></ol>
FORM	External Workshop
SPACE	Chairs in the circle, access to internet
TOPICS COVERED	Safety on the Internet.
TOOLS	<ul style="list-style-type: none"><li>• Screen device with the access to the internet</li><li>• flipcharts</li><li>• markers</li></ul>
DIGITAL/MEDIA LITERACY REFERENCE	<ul style="list-style-type: none"><li>• Participants will use screen devices to look for information</li><li>• Participants will know how to be safer online</li></ul>

# STEP BY STEP DESCRIPTION

## STEP 1

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### Time

25 min.

### Objective

- Integration

### Activity description

Participants are standing in the circle. The task is to say your name and describe your first computer and the situation when you use the internet to the first time. The next person is saying "My name is... Next to me is... And my first computer was... The first time I used the Internet was...". This activity help to remember names as well to get into the topic of the workshop.

## STEP 2

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### Time

15 min.

### Objective

- Contract - setting the rules based on which participants will work

### Activity description

All the participants and the trainer set up rules, which everybody agree to obede during the workshop. Flipchart with the rules should be placed so can everybody can see it.

### Material

- Flipchart
- Marker

### STEP 3

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#### Time

20 min.

#### Objective

- Collect the expectations and fears of the participants

#### Material

- Flipchart
- Posti-its in two different colors
- Pens

#### Activity description

All the participants receive post-its in two colors – on one color they write the expectation to the workshop, on the other the fears about it.

We collect them and answer to expectation (telling if it's possible fill in them or not) and to fears (also here we need to help combine the fears).

### STEP 4

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#### Time

55 min.

#### Material

- Flipcharts
- Markers
- Screen devices

#### Activity description

Work in groups. Participants will be divided in 4 groups. Every group should discuss topic "What we do online". Effects of the discussion should be a brainstorm. Every group has 25 minutes to discuss the topic. This is the moment for participants to tell their stories about their activities online. After that the issue is discussed on the forum. Trainer is writing down those issues, which are the same in every group.

Then trainer ask participants:

- How do you feel when you look at this flipchart
- What do you think about it?
- Did you discover something new?
- Would you like to try some new activity online?

## STEP 5

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**Time**  
25 min.

**Material**

- Data
- Presentation

### Activity description

Trainer basing on the issues that participants gathered in previous exercise do a lecture about "Myths about activities online". Give a data showing up that this is not as bad as it seems Data should be based on national research.

## STEP 6

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**Time**  
60 min.

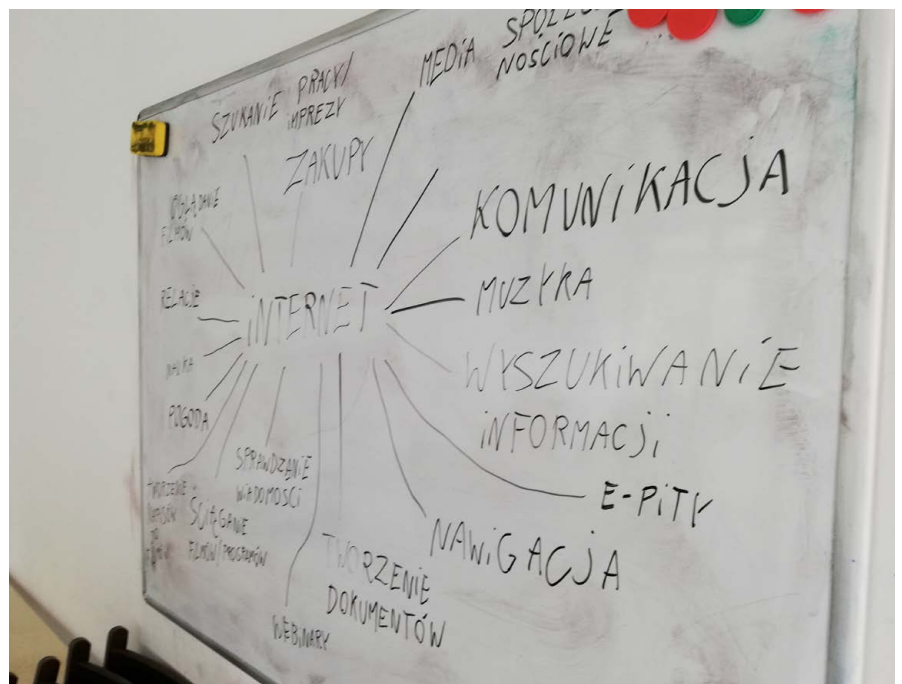
**Material**

- Flipchart
- Marker
- Screen devices

### Activity description

Trainer is coming back to the flipchart. Questions to ask:

- Do you want to add sth to our flipchart? Than trainer is taking colour maker and in discussion in group show up activities, which participants want to sign as dangerous. Every group is given one "dangerous activity" and in common discussion and using their screen devices discuss how can they prevent it.



## STEP 7

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### Time

45 min.

### Material

- Flipchart
- Screen devices

### Activity description

How safe on the internet am I? Trainer is showing participants two websites:

- [graph.tips](http://graph.tips)
- [haveibeenpwned.com](http://haveibeenpwned.com)
- [howsecureismypassword.com](http://howsecureismypassword.com)

Every participant should put their data in there. Then trainer discuss the issue. How should we take care about our safety online?

## STEP 8

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### Time

60 min.

### Material

- Paper
- Pens

### Activity description

Participants work in pairs. Every pair is preparing arguments for the thesis: "Internet is good" and "Internet is bad". Each pair try to collect as many arguments as possible. After that we organize a discussion. Participants have to listen to each other and response to their arguments from both side (pro and contra Internet)



## STEP 9

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### Time

60 min.

### Activity description

How to talk about the Internet with different groups?

Exercise Gordon positions. Roles to play:

I. parent

child

observer

II. teacher

student

observer

III. adult children

grandfather/grandmother

observer

Everybody can choose one role – important is that every role is played by someone. The situation is how to talk about the internet. Every group gets the feedback.

## STEP 10

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### Time

20 min.

### Activity description

Every participant can now say something about the workshop. What was most important for him/her? How is he/she feeling now? Everybody can take the floor once. Participants do not comment on words of other participants.

### Objective

1. Summary

2. Evaluation