

EXTRA EXTRA!

READ ALL ABOUT IT

Five ways to stay safe online

This is an edited version of a story from
© Bloomberg (4/4/2025)

Kids are growing up online, immersed in social media — and danger can be just a swipe away. More than 95% of teens in the US use social media, with one-third saying they are logged on almost constantly.

Many feel “frazzled” when trying to navigate the best practices for thriving in the digital world, says David Polgar, founder of tech nonprofit All Tech Is Human.

So here are five basic things everyone can do to stay safe in the digital world.

Follow the rules

Be mindful of appropriate and inappropriate digital behaviour, remembering that the rules in the real world, around things like bullying, swear words or talking to strangers, also apply online.

The key is to start embedding these habits as soon as possible when we start engaging with the digital world, says Melissa Stroebl of the online child safety nonprofit Thorn.

Practice digital hygiene

Develop a healthy relationship with social media by learning to manage friend requests from strangers, instead of accepting everything automatically.

And make sure you start building in screen-free downtime – don’t forget

that there’s a whole world waiting out there for you to enjoy!

Know the monsters

The internet can be amazing, but it’s also important to understand the risks involved in using it so that they don’t come as a surprise.

For example, some teens are being convinced to send personal photos to strangers, not knowing about the risks of sending content that could later be screenshotted and shared with others.

Set ground rules

Have a device strategy in place. Perhaps you could establish screen-free zones, such as your bedroom, to ensure you don’t spend too much time on your phone.

You could also use apps like Apple’s Screen Time to set time limits on specific apps and manage your phone use.

Be a role model

Remember the golden rule: treat others as you want to be treated yourself. By being kind to others online, you help to set a positive example for everyone and help to create a society in which kindness is the expectation.



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FIND THE TRUTH?

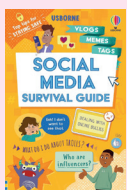
Not all news is based on truth. Do you think this story is based on true or false news?

A majority of teens use YouTube every day.



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READ MORE



Social Media Survival Guide by Holly Bathie

Usborne Publishing Ltd

LEARN MORE



Learn

Watch [this report](#) on why we like getting likes.

This worksheet is available every weekday at 6:30am London time from <https://theday.co.uk/resources/news-detectives>.
For any feedback or help please contact newsdetectives@theday.co.uk. Thank you.

Answer to Find the truth. True! According to research, 77% of teens use YouTube every day! Read [more here](#).



CHECK YOUR FACTS

1

WHAT
do you leave by
going online?

ANSWER:
A digital
footprint

WHO
could see your
posts in
the future?

ANSWER:
An
employer

WHERE
do the same
rules apply?

ANSWER:
Both online
and offline

WHEN
does your
digital footprint
disappear?

ANSWER:
Never

WHY
is screen-free
downtime
beneficial?

ANSWER:
It helps you
strike a healthy
balance

HOW
many teens
now use social
media?

ANSWER:
95%

2

KNOW YOUR KEYWORDS

- | | | |
|----------------------|---|--|
| 1. Bullying | ● | A. Time away from doing something |
| 2. Digital footprint | ● | B. People who provide jobs |
| 3. Employer | ● | C. The information about us that exists online |
| 4. Downtime | ● | D. Making others feel upset or unsafe |

1=D

2=C

3=B

4=A

3

LOOK AT ALL SIDES

Answers are subjective and may vary.
The below is just a guide.

Social media companies

😊 Excited

😊 Happy

Parents

😨 Scared

People who don't use the internet

😞 Bored

😞 Confused

People who find a balance

😌 Calm

😊 Happy

