

Theme 8: Promotion of Safe Use of Internet, Gadgets and Media Module - I I

Introduction

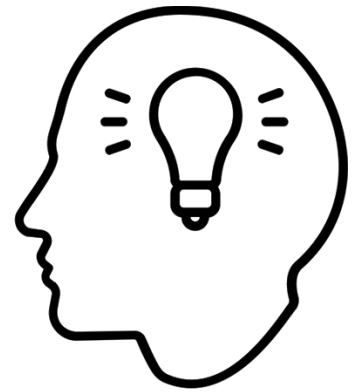
The objectives of the module:

- To develop the knowledge and skills to use media and internet effectively and safely;
- To analyze critically the various media platforms and the messages they propagate;
- To identify situations that may be unsafe and demonstrate ways to keep themselves and others safe; and
- To reflect deeper and analyze the time and content they access on media and identify ways to regulate their behavior
- To use the gadgets safely;
- To maintain a balance between online and offline activities;
- To maintain physical, social and mental wellbeing while engaging in online activities;
- To follow netiquettes, internet safety and ethics when online

Activity I: Media and Internet: Storehouse of Information

Learning Outcomes

To generate awareness that media is a storehouse of information.

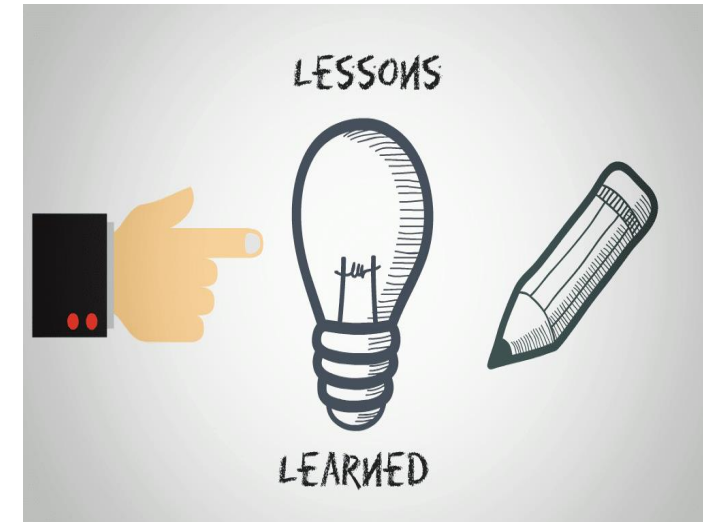


Promoting a culture of Peace, Safety & Security in Cyber Space



Summary of discussions

- We should not believe everything shown in advertisements.
- It is important to clarify information. False information affects our attitudes and behaviors.
- We may end up buying products or investing in something unnecessarily because of the way they have been portrayed in media and be disappointed, or even harmed. A lot of time, effort and money may be wasted.
- We may develop wrong notions that perpetuate myths and stereotypes around several issues, such as, gender roles, misuse of substances, trying dangerous stunts without training and supervision.
- There is a difference between real and reel. Not all which might appear real or look real is the reality.
- As aware citizens, we need to clarify what we see on internet and media with trusted sources.



CYBER-WELLNESS... SOCIAL EMOTIONAL
& PHYSICAL WELL-BEING IN CYBER SPACE

Social Media & Indian Youth

72% own Smart Phones

51% have access to Internet at Home

Study across
14 cities of
India

Writing Posts

Chatting

Posting Photos

Top three activities of Children and Youth on Internet

The Benefits

- Connectivity
- Creativity
- Education / Knowledge
- Social Skills
- Empathy
- Opportunities

Cyber Health and Hygiene

Digital technologies are supposed to help us in learning, connecting and acquiring new information. However excess use of anything is harmful and same is the case with Internet and Digital Devices

USE → MIS-USE → OVER-USE

MIS-USE

Children/Youth

Victims &
Sometime

Perpetrators

✓ Bullying

✓ Trolling

✓ Rumors

Adults/Fraudsters

✓ Fake Identity

✓ Cheating

✓ Grooming

✓ Sexting

✓ Blackmailing

OVER-USE

PSYCHOLOGICAL IMPACT

- ✓ Reserved
- ✓ Moody
- ✓ Lack Self Esteem
- ✓ Lack Confidence
- ✓ Trust Issues
- ✓ Relationship Issues
- ✓ Prone to brain washing by outsiders
- ✓ Self centred/ obsessed

SOCIAL IMPACT

- ✓ Social Anxiety
- ✓ Keeps to himself/herself
- ✓ Few friends
- ✓ Prefer Online Interaction,
- ✓ Less interested in face to face relationships
- ✓ Mood Swings
- ✓ Virtual representation of self as perfect

Impact on Physical Health

- ✓ Insomnia or disturbed sleep
- ✓ Unhealthy eating patterns – bingeing or avoiding food
- ✓ Decrease in Physical Health because of reduced physical activity and excessive weight loss or weight gain
- ✓ Backache, headache, posture problems or eye strain.

Symptoms of Internet Addiction

Desire to constantly use the Internet

- Loss of interest in real-world activities
- Constantly gaming /chatting
- Find it hard to interact with the real world because it's not stimulating enough
- **FOMO** - Constant fear of missing out when away from Internet
- **Nomophobia:** Fear of losing/not having mobile or sleeping with mobile phone
- **Phantom vibration syndrome:** experiencing vibration of phone even though it is not vibrating

Orientation of various Stakeholders on Cyber Safety & Security



<https://ciet.nic.in/pages.php?id=booklet-on-cyber-safety-security&ln=en&ln=en>

Family Support

- Have open discussions about Digital Citizenship. Create rules at home.
What...When...Where
- Not to make any online purchases, not to be friend any strangers, not to share personal details.
- Keep a close watch on child's behavior. Be alert if he/ she is becoming moody, withdrawn, has not connecting with family or friends a or has started to get low grades, losing interest in games, meeting people and spends a lot of time alone with his/her device.
- ~~Be connected with school - Strictly follow school rules on allowing the children to carry smart phones or any devices to school.~~ Also follow rules of minimum age to access social media platforms.
- Monitor your child's browsing history along with them. Surf the Internet with your children and let them show you what they like to do online. And you can give examples of them good Internet Practice
- Have trusting relationship. Make sure your child knows that can talk to you if they are feeling threaten online.

Technical Support

- Check your child's privacy settings on sites like Facebook and image sharing sites like Instagram, Snapchat, apply filters as needed
- Safe Search to help filter 'inappropriate content'. Familiarize yourself with reporting tools on Social media Sites - Facebook, YouTube, Snap Chat
- Turn off in-app purchasing on smartphones and tablets, credit cards & personal details to be removed from the devices used by the kids
- Periodically check the hygiene of the device children use.
- Let them not borrow others devices, they need to set strong passwords, need to log out

Educate yourselves about Cyber Crimes and know where to report and go for support

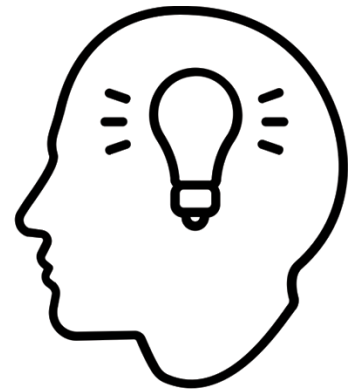
Hardware and Software safety:

- Safe environment (dust free and temperature)
- Licensed Software
- Regular Update
- Antivirus

Activity-2: Real and Reel Life

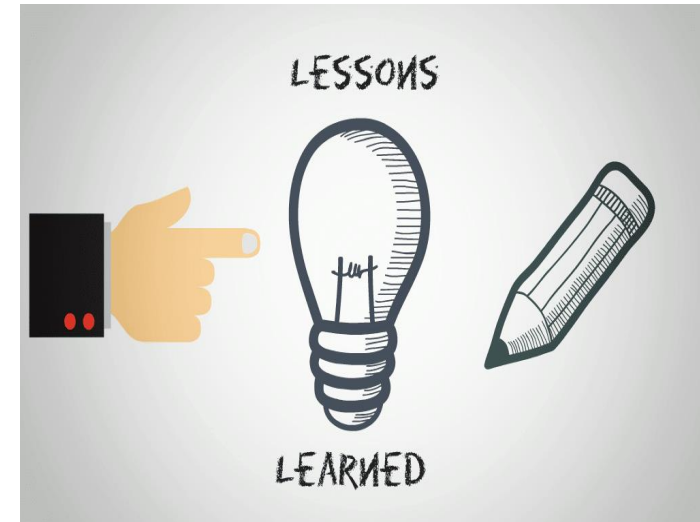
Learning Outcomes

- Examines the information promoted through popular media
- Distinguishes between false and correct information
- Exhibits the skills to make informed choices



Summary of discussions

- Advertisements are basically to attract people towards product or to project
- There is a need to see these advertisement with question as whatever has been said is always totally correct, we should not believe everything in the advertisement.
- We need to be aware that not everything which is shown on media/internet is real. Always cross check and seek clarification from trusted sources.
- It is the responsibility of the user to ask questions, remain informed and make wise choices.



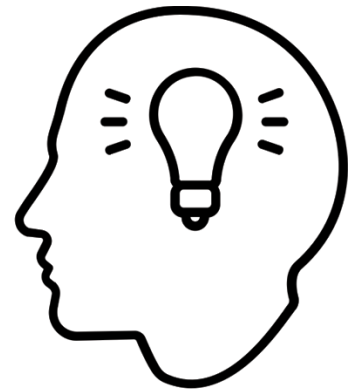
Video

Video

Activity-3: Insights into Media and Internet

Learning Outcomes

- Differentiates between various media platforms on the basis of reach and advantages;
- Analyses that each media is unique and is used for different purpose;
- Recognizes media as a platform which promotes positive and useful information.



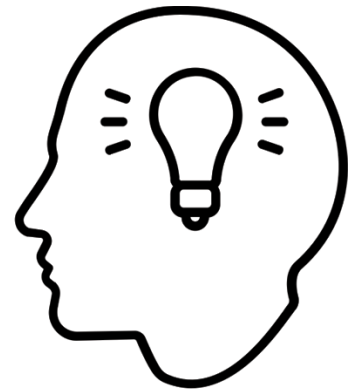
Summary of discussions

- Media is not just a source of entertainment but also a very important source of new and useful information.
- Each media platform is unique and can be used for various purposes as we discussed in the group work.
- We must be mindful while accessing the information from different sources and question the information
- Internet is a relatively new media platform that has revolutionised our worlds. It allows us to choose and decide the kind of information we wish to access at any given time and at our convenience.
- Media also allows us to engage constructively in addressing issues important and relevant to us. For example, citizens could click pictures or make videos of unsafe areas in their neighbourhoods/cities, initiate discussions on common concerns such as corruption and so on, and forward to media channels, and government departments to raise public awareness, highlight common concerns and seek redressed from appropriate authorities. This can be done by writing into local newspaper columns, using apps, Facebook and twitter accounts of departments or sending emails. This is also referred to as Citizen Journalism that allows citizens to take actions and participate actively

Activity-4: Real or Fake: Finding it Right

Learning Outcomes

- Demonstrates skills to investigate the authenticity of Messages
- Demonstrates skills to distinguish between positive and negative messages
- Decides what to access and use from the various messages being delivered by the media



False Information & Media



Could be a media report

Could be a blog/FB post

Could be an Advertisement

Could be in a newspaper/magazine

It may sometimes appear real but can carry misinterpretations/manipulation of data/numbers/facts

Could be in any format such as audio/video/text

Case Study I:

An advertisement promotes a health drink that can increase six inches height within 6 months.

Discussion questions

- Can anything that we eat or drink have such miraculous impact in such a short time?
- Can 6 inches' height increase within 6 months just by drinking a health drink?
- What factors contribute to height of an individual?



Case Study 2

An advertisement promotes high-speed cycle for “real boys” who want to move ahead in life.

Discussion questions

- Who is the advertisement targeting? Please provide reasons for your response.
- Are the advertisement reinforcing gender stereotypes? Support your answer with justification.
- In your understanding, what are some of the traits of “real boys?”



Case Study 3

A corona kit launched by Patanjali Research Institute.

Coronavirus treatment: Patanjali Research Institute launches Coronil kit

(<https://www.livemint.com/news/india/coronavirus-vaccine-coronil-patanjali-baba-ramdev-press-conference-live-updates-11592893304534.html>)

The representatives of the institute claimed that an Ayurvedic medicine developed by the company has been able to cure Covid-19 patients within 3-14 days.



Ways to identify Fake News in Media

Fake News: Four moves and a habit for detecting & debunking misinformation online

Move 1: Check for previous work

Many provocative on the internet have already been fact checked or researched. Use fact checking sites like Politifact

Move 2: Go upstream to the source

Many articles shared on social media and published on the internet are based on claims found on other sites. Follow the URLs to find the original source of the information.

Move 3: Read Laterally

Not all sources are created equal. If you are not sure about the reliability of the original source, research the story on websites you know are trustworthy and see what they say about it.

Move 4: Circle Back

Sometimes an issue is more complex than you thought or your searches lead to dead end. Revise, reflect and begin a better informed search.

Summary of discussions

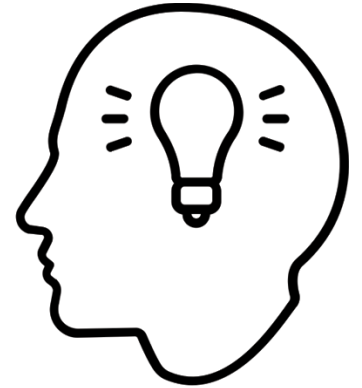
- In today's digital world, news spreads rapidly. It is important for us to identify reliable information, and fake information.
- Inability to identify real news from fake, can lead to dangerous situations, for example, false information was spread through mobile phones that some men have come to kidnap children, due to which local people lynched these innocent people (beat them until they died). (e.g. February 2018, Uttar Pradesh).
- On the other hand, real and factual information can be of immense benefit to society. For instance, media reports about abuse of girls and women within shelter homes in Bihar, has led to law courts taking up the issue.
- It is important to verify authenticity of any information before reacting to it, or forwarding it on social media. This will protect you from being party to spreading misinformation, which is an offence.



Activity-5: Online Safety: My Responsibility

Learning Outcomes

- Identifies safe and unsafe situations common in the virtual world
- Uses media safely by recognizing unsafe situations
- Plans how to respond in unsafe situations



Video

Video

Video

Video

Safety in Social Media

- Identity protection and privacy settings
- confidentiality and caution while dealing with anonymous or unknown;
- differentiate between misinformation and right information
- Never reveal your password to anyone other than your parent or guardian
- Change your password frequently
- Communicate and collaborate only with people known to you
- Do not post anything which hurts others feelings
- Always be careful while posting photographs, videos and any other sensitive information on social networking sites as they leave digital footprints which stay online forever
- Do not post your friends' information on social networking sites, which may possibly put them at risk

Cyber Bullying

Cyber bullying is using technology to bully or hurt someone else. It may include the following:

- sharing nasty, hurtful or abusive messages or emails;
- humiliating others by posting embarrassing videos or images;
- spreading rumours online;
- setting fake profiles;
- Identity theft;
- Cyber stalking, etc.



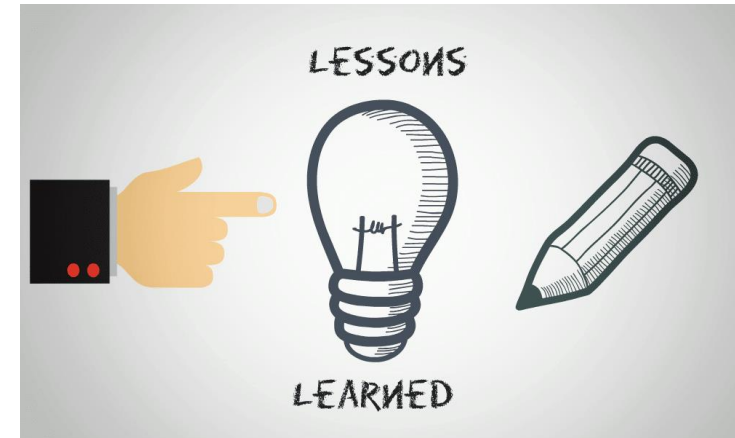
What to do in case you are Cyberbullied?

- do not respond
- take a screenshot & keep record
- block & report
- talk about it
- be private (keep social media privacy settings high)
- be aware

*Source: Information & Communication Technology, NCERT
Textbook for class 9, 2019*

Summary of discussions

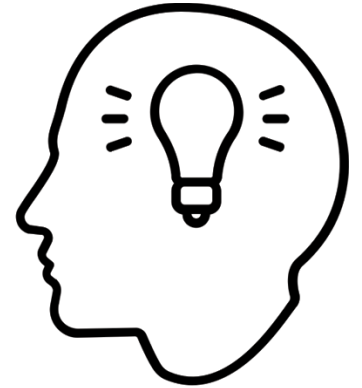
- Conclude the session by saying that even virtually there can be times when we feel unsafe. As users, we should be mindful of the potentially unsafe situations and be prepared to deal wisely with them.
- Though phone (landline or mobile), gadgets, apps make our lives simpler, be mindful of your own and other's safety. Try never to indulge in any harmful activity even if it is “just for fun.”
- Do not worry if you have already shared something that you now think you should not have done. Instead of hiding and facing it alone, tell a trusted adult about it.



Activity-6: Time Diary: My Virtual Life

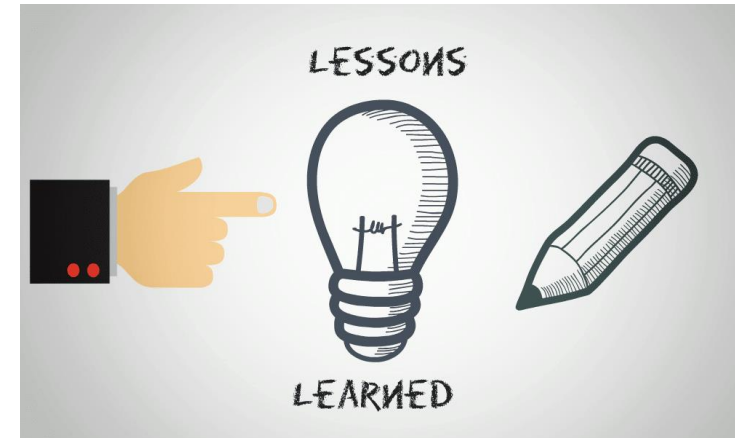
Learning Outcomes

- Discerns how much time to spend online and on gadgets;
- Plans to regulate time spent online and on gadgets;
- Distinguishes and accesses age appropriate content online and offline



Summary of discussions

- People need to regulate the use of media and internet.
- Overuse of media can lead to impact on our physical as well as mental health.
- Overuse could also lead to addiction which may have harmful effects.
- We need to use media in safe, responsible and self-regulated ways.



ERGONOMIC ASPECTS

- The postures and practices a person adopts throughout the day while using digital devices can have a significant impact on one's health and well being.
- Staying in the same posture for prolonged periods is undesirable.
- Besides, prolonged exposure to digital devices can have negative impacts on other aspects of health and wellbeing also.
- How to sit on a table for learning by laptop or mobile is very important. The following figures will show the best posture and arrangement for devices.

DO



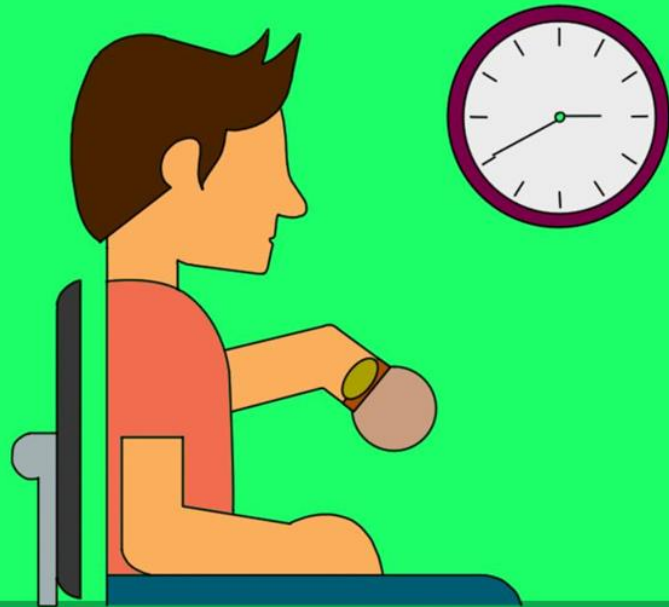
Sit Up!

DON'T



Slouch!

DO

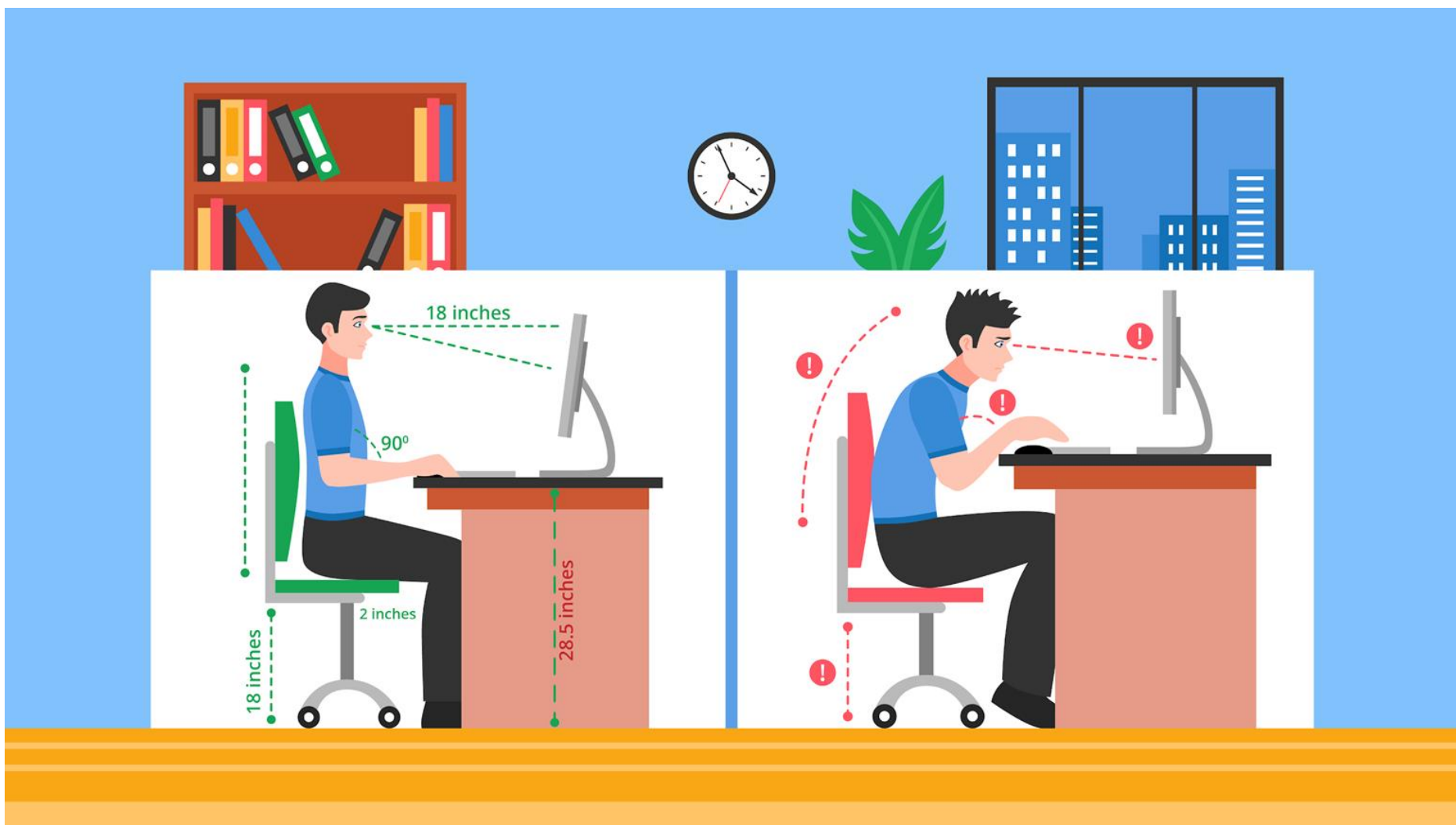


Check your posture and position every 20 minutes or so and readjust or move around.

DON'T



Feel bad if you've assume bad posture after being at your desk a while.



20
Minutes



SIT

08
Minutes



STAND

02
Minutes



MOVE

DO



Alternate between sitting and standing as much as possible.

DON'T



Sit or stand for long periods of time without interruption.

Thank You