

Navigate the net.

Whakaterere i te kupenga

Online safety workshop for young teens

Develop your digital fluency, balance and boost your mental health and wellbeing while keeping safe exploring the world using technology.



Workshop details.

What you can expect from engaging with this content:

This workbook can help you have better online experiences and to make the most of what internet connected technology has to offer. It can also help you to understand the risks and issues we are likely to face when we go online and learn ways to deal with them. You will find ways to build your social and emotional resilience, and learn healthy ways to cope with anxiety, stress and other feelings that can come with being a part of the online world.

This workbook will assist you in developing your digital fluency, balance and boost your mental health and wellbeing, and how to keep safe while exploring the world using technology.

Let's get set up to safely enjoy the benefits and fun that technology offers!

Workbook inclusions:

- What is anxiety?
- Mental wellbeing
- Cyberbullying
- Online safety at home
- Nurturing children
- Identifying supports systems
- Common issues
- Flip cards
- Identifying signs
- Online safety agreement
- Tracking time online
- Goal Setting
- Managing technology
- Alternative to going online
- Modeling healthy behaviour
- Glossary of terms
- Resources
- Helpful contact information

Anxiety NZ is a national non-profit charity established in 1980. Our services include support, education and treatment for kids, teens, adults and families to help manage stress, anxiety, depression, phobias, OCD and related issues and help to increase social and emotional resilience.

Anxiety NZ offers a free 24/7 National 0800 Anxiety Helpline 0800 269 438 (0800 ANXIETY), free Peer Support Groups, National Therapeutic Services (assessment and treatment) with a Specialist Registered Psychologist or Mental Health GP in-person or online, Social and Emotional Resilience Workshops and Community Education.

Connect with us at www.anxiety.org.nz and sign up to our newsletter for helpful insights, or follow us on Instagram or Facebook. If you'd like to support the work we do - we greatly welcome donations of any amount. Please visit Givealittle or our website to consider donating towards this resource or helping improve Kiwis health and wellbeing.

The Lindsay Foundation's mission is to support Kiwi individuals and organisations who aspire to make a positive difference in New Zealand.

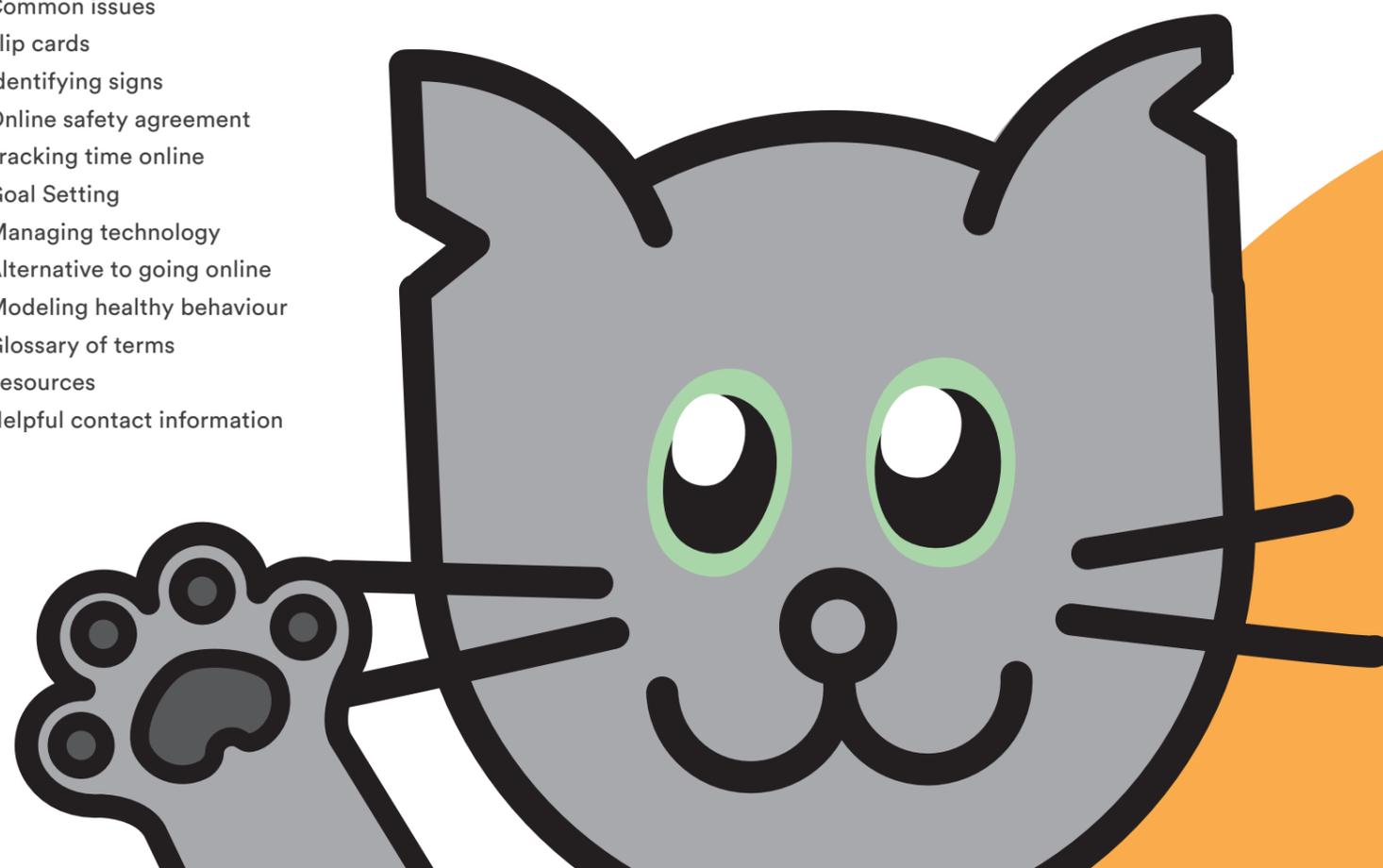
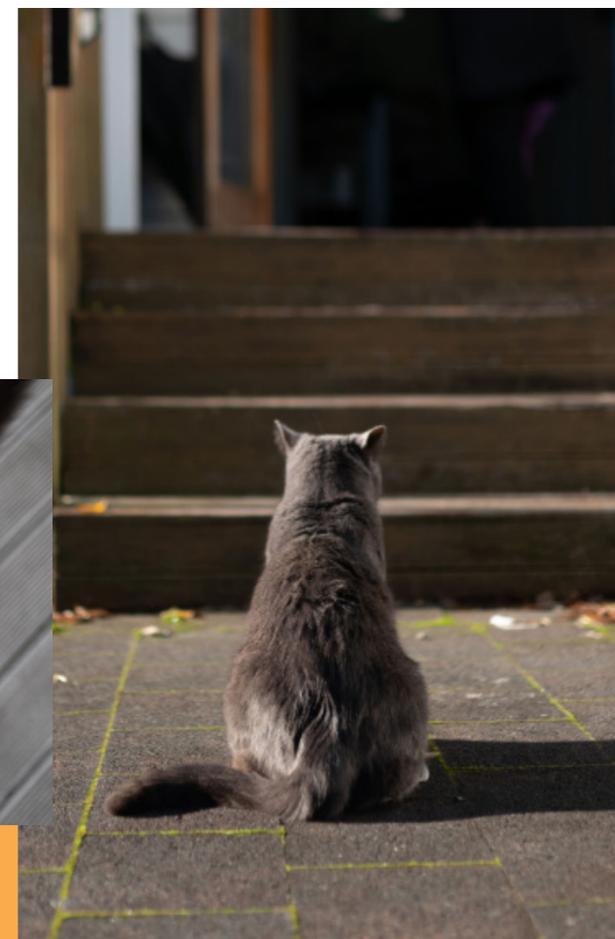
Have you met Smokey?

He's a lover of food, pats, and all things fabric. He loves helping people feel safe in therapy or support groups and helping kids with selective mutism find their courageous voice! His ears have heard many whispers, his fur steadied shaky hands, and his purr soothed many worries. Smokey – he's not a therapist – just your everyday cheerleader.

Smokey has been living happily full time at Anxiety New Zealand for over five years. He arrived at our charity homeless, unwell and terrified of people. It took three months to catch him, one year to recover from his injuries and another year to put all his big fears (of people, the dark, loud noises and surprises) behind him.

Now every visitor wanting a firm friend has one in seconds – and he spends his time helping others who arrive feeling anxious and in need of support.

“I'm here to be your everyday cheerleader!”
Smokey the cat



During the day Smokey feels all sorts of emotions. These all help him to navigate through the world, chase off invaders or cuddle up with his friends. Here are some of his emotions:

I'm tired



This is my stress



I'm hungry



Hip-hip happy



My frustration



Cool & calm today



I feel mucky &
I don't know why



I'm energized



Can you draw how you're feeling today?

It's normal to feel a range of emotions in different situations. They can be pleasant or unpleasant feelings. When we are engaging in online activities, there are different situations that can arise that may be confusing or cause conflict.

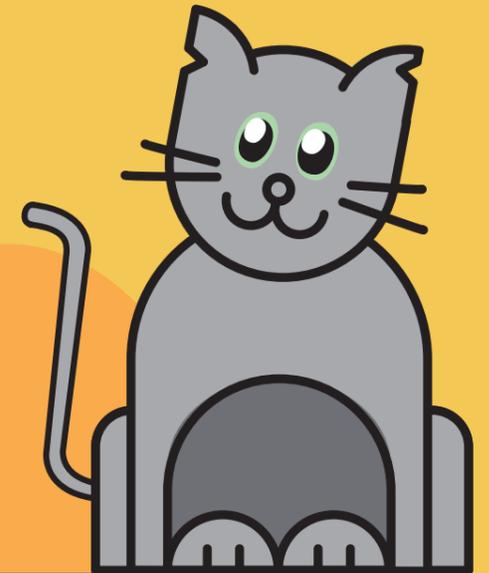
Common pleasant feelings:

Happy, calm, confident, excited, caring, curious, helpful

Common unpleasant feelings:

Sad, angry, worried, scared, concerned

How do you think you would feel or how have you felt in situations like the following?



Situation:	Feelings:
I spent the day with my friend, we went to the movies and took a photo, we posted it online after and now it's part of my Instagram.	
I was gaming online with my friends and I kept dying and my friends said I sucked at the game.	
I wasn't sure what to write for my assignment for school, but then I googled and found lots of information on it, and now I think I have written a good assignment.	
A boy I like sent me nudes and I don't want to see them or send any back.	
I had fun talking to my friends in a group chat.	
My friend is being bullied online and I'm not sure what to do to help.	

What is cyberbullying?

How can we prevent being cyberbullied?

When can anxiety happen?

Can you describe a time you may have felt anxious or worried?

What can bullying lead to? What are the consequences?

Who can I talk to if I am being bullied?

When can bullying happen?

What may stop us from getting help if we need it?

Being online can be exciting, educational and allows you to connect with your friends. However, it can also be scary or a dangerous place and make us feel bad or uncomfortable. It is important to know how to be safe when you are online and how to make yourself feel better.

Cyberbullying

Unfortunately, cyberbullying occurs a lot in the world today. There are many ways in which bullying can happen online this can include sending nasty and insulting messages, sharing someone else's secrets or pictures, "dissing" someone online, spreading rumours, receiving unsolicited pictures, pretending to be someone else to get them into trouble and stalking someone online.

Being bullied online can make you feel alone, humiliated, ashamed, upset, lonely, scared or worried which can make you not want to tell someone what is going on. It is not your fault if you are being bullied and there is help for you. Bullying is never okay!

What you can do if you are uncomfortable or unsure about something online:

Speak up (Korero atu): Tell someone (caregiver, friend or whānau member) what is going on.

Don't respond (Kaua e whakautu): If you are receiving hurtful or mean messages they are trying to get you worked up. Don't reply, it will encourage them to keep going.

Block (Poraka): If you can block the person, then do it.

Report (Pūrongo): Report mean videos, comments or pictures on the website or app you have found them on.

Keeping yourself safe online

It is important to protect your privacy and make sure you keep yourself safe online at all times. These are some things you can do to help keep yourself safe online:

- Keep your passwords a secret and make them not easy so people can't guess them.
- Adjust your privacy settings on your social media accounts so people you don't want can't be on there.
- Think about what you post and don't post what you wouldn't want people to see. Remember, it can be screenshotted and shared around.

- Clean your feed. Sometimes it is hard to know that it is things online that are making you feel down. It is good to go through your feed and see what is making you feel good and what is not.
- Talk to your whānau about how you can keep yourself safe online and if you are unsure about things that come up.

Ways to look after your wellbeing/hauora

Looking after yourself and your wellbeing is important, especially during stressful and unhappy times. Here are some suggestions to look after your wellbeing.

Connect (Hononga): Talk to or hang out with whānau or friends. This could be having lunch together, going for a walk or watching a movie together.

Be active (Kia kaha): Being physically active can improve your wellbeing. This can be going for a walk, run or playing sports.

Sleep (Moe): Try to get a good night's sleep. It can be helpful to turn off all devices an hour before you plan to fall asleep. Make sure your room is dark and not too noisy. Try to use your bed only for sleeping. If you use your bed for other activities like going online, you can start to associate your bed with being awake.

Food (Kai): Eat regularly and healthier meals. Eating plenty of fruit and vegetables can boost our mood.

Try to relax (Ngana ki te okioki): You can try yoga, meditation, muscle relaxation or a breathing technique.

Take a break (E whakatau): Having some time off online platforms can be good for you and give you a rest from the online world. Two hours a day is the best amount of time to spend online. More than this can make people feel worse.

Spotting the signs.

Lets think about the signs you can experience when you have been online for too long. Sort out the list into the two areas below:

- My parents make me put the tablet away
- I notice it's night time
- A headache
- Finding it difficult to fall asleep at night
- Blurry vision
- Feeling hungry
- Family members mention how long you're online
- Lots of time has passed when looking at the clock
- The device feels very hot
- Feeling moody or grumpy
- I have a neck ache
- My eyes hurt
- I need a drink
- Constantly thinking about being online
- The device being used runs out of battery

Signs coming from the world around you:

Signs from your own body:

Finding a balance.

Draw a line to match the body signs on the left with the helpful advice on the right:

Signs:



Helpful Advice:

You may have been looking at a screen too long, so try some exercises. Play a sport or tag which gets your body moving.

Take a break and find something to eat. Remember to keep hydrated to give your body the energy it needs.

Being online can affect your mood so put the device down and find something to cheer you up: catch up with friends or relax with family.

Don't just plug it in and keep using the device. It's an excuse to put it to one side and do something else instead.

You haven't been drinking enough, so go get a glass of water. It's also good to do something that gives your eyes a break.

Use the boxes below to note down all things you enjoy doing online and then the activities you also enjoy doing away from the computer or device:

Online activities:

Offline activities:

Flip cards.

Sometimes it's hard to get the words out. Show a flip card to an adult you trust to help them understand how you are feeling, how to support you or if you need any further guidance.

I want to talk about something, but I'm not sure how to say it.

I'd like to know that we can talk about something and you will stay calm.

Can you ask me how I am doing?

I am worried about my friend.

I feel strange and I don't know why.

I am worried about a situation I was in.

I am worried about ...

Who can I talk to if I am feeling anxious?

I think I am being bullied.

A helping hand.

These cards can be cut out and left out for a trusted adult to see or directly given to someone you trust (e.g. a parent, caregiver, teacher) to help start a conversation or check in. Have a think about when you'd feel ok to talk and how you could do this. You could even give some to your friends if they need help on something too.

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

I may have bullied someone and I feel bad. Who can I talk to about this?

Who can help me figure out my issue?

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

I feel great today. Why is this?

How can I calm myself down?

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Where can I get more advice?

Could my actions cause myself harm?

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____



Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Hi. I have been feeling worried about something and want to talk to you

When: _____

Where: _____

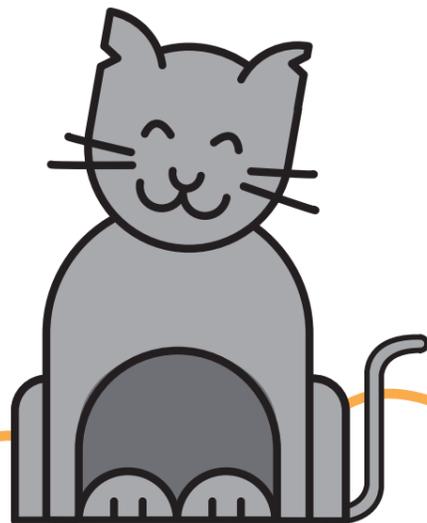
I would like some help and want to work on the problem together. Please stay calm and listen.

Thank you. From: _____

Signs I am being bullied online.

Cyberbullying can come in different shapes and sizes. At times there can be confusion if someone is being a bully or not. The following are some ways that bullying occurs online. If you are unsure if you are being bullied, speak with a friend and/or a whānau member.

- Being called names online.
- Someone posting information online about you that you did not consent to.
- Being threatened by someone.
- Someone teasing you about what you look like.
- Someone impersonating you online.
- Someone logging into your account that you did not give consent to.
- Someone making a fake account to be mean to you.
- Being repeatedly sent unwanted, nasty and/or insulting messages.
- Being stalked online.
- Receiving unsolicited pictures.
- Someone spreading rumours about you.



Things that prevent getting help and support.

When we are struggling with something it is ok to turn to others and ask for help. Getting help sounds simple but it is not always easy to do. Sometimes things stand in our way. They can be things we realise and things we do not realise. There are common barriers that can prevent us from seeking help, these include:

Embarrassment and stigma

Sometimes it can be hard to ask for help. It is common to worry about what other people might think about you or say about you if you ask for help. You are not alone in feeling this way. Seeking help shows maturity and confidence. It is a sign of strength, not weakness. You are aware of what you need and are not embarrassed to reach out for it.

Waiting for someone else to help us

It is not always easy for other people to see when we need help. Sometimes we put on a happy face to hide what is really going on or give the vibe we don't want to talk. Don't wait for someone to read your mind or notice when you need help. Take action and ask for help yourself.

Difficulty recognising symptoms

It can be difficult to recognise and identify when the difficulties you are facing are beyond the normal threshold of stress. It can help to go through the signs of being bullied in this workbook and see if you can identify any of them. If you are feeling alone, humiliated, ashamed, upset or lonely you should talk with your parents and whānau about what is going on.

Feeling undeserving of help or support

Every now and then everyone needs help – even adults. No one can or should handle everything alone. You deserve help and support if you need it. If you feel you can't speak to your whānau or friends, there are places that would be more than happy to support you with what is going on. A list of places you can contact is at the end of this workbook.

Confidentiality and trust

Sometimes it can be hard to trust someone if we tell them what is going on. You are not alone in fearing that your worries will not be kept confidential.

Sometimes, things happen suddenly. It's normal to feel strong emotions or a big urge to do something about it, right now! You might feel your heart racing, feel upset, scared or angry, and an intense desire to act like replying and defend yourself or a friend or by sharing content. Other times issues or worries can build up over time, re-emerge from the past and be confusing or unclear of who is involved and how. It's normal to feel uncertain or unsettled when we are unsure or we don't know how 'bad' something is or how it will impact us or our friends and family.

Sometimes we may worry about getting in trouble, want to hide something or feel like we've got in 'too deep' to get advice or help. It's never too late to get good advice and support to help you deal with online or tech related stuff. You never have to deal with these things alone. It's really important, especially if you are feeling strong emotions or urges to act or it's been affecting you for a while to pause, assess and if you're unsure, to get some help in working out the next steps.

So what do you do when something has happened, is happening or if you're not even sure if there is an issue or not?

Consider these questions:

How worried am I about this? What are the chances that this could cause me or someone else harm? If I try to deal with this on my own what are the risks? Who could help me figure out if it's an issue and what to do about it? Where could I get more advice?

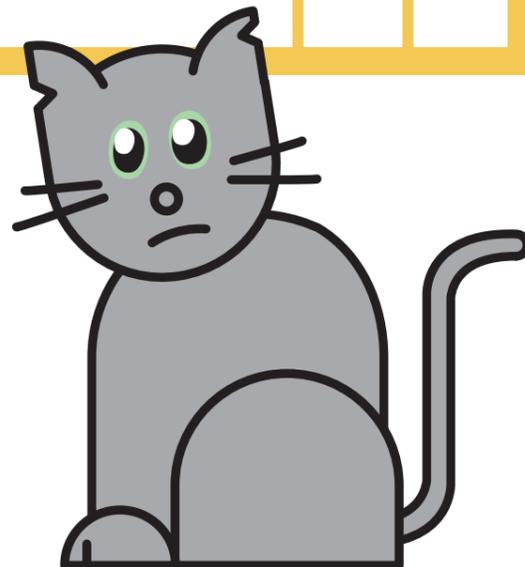
It can be hard to reach out for help, don't hesitate to reach out and offer support to another person if you think he or she needs it. No one can go through life without asking for help every once in a while. Sometimes we have to reach out and ask for that help. Tell someone (caregiver, friend or whānau member) what is going on.

If you don't feel comfortable talking to an adult in your life, you can always talk to us at Anxiety New Zealand on our helpline (0800 269 4389, or 0800 ANXIETY), Netsafe – who provides information and help on online bullying (Phone: 0508 638 723. Email queries@netsafe.org.nz), or Kidsline – a help line for young people up to 18 years of age (Phone: 0800 54 37 54, or 0800 KIDSLINE).

Am I being a bully?

Answer the questions below to find out if you might be a bully.

Do you do this?	Yes	No
Do you say or write mean things about someone even after they ask you to stop?		
Have you told someone they aren't allowed to be a part of a group or conversation?		
Is there someone you pick on often and try to hurt their feelings or embarrass them?		
Do you say untrue things about someone that could hurt their feelings or change the way they think about themselves?		
Have you ever written something bad about someone and sent it through a text or posted it online?		
Do you set up fake profiles to talk to people online?		
Do you say or write mean things about someone even after they ask you to stop?		
Do you send people messages repeatedly they don't want to receive?		
Have you sent inappropriate pictures that someone else didn't ask for?		



Am I being bullied?

Answer the questions below to find out if you are being bullied.

Does this ever happen to you?	Yes	No
Has anyone called you names?		
Has anyone posted information about you online that you didn't consent to?		
Have you been threatened in any way?		
Have you been teased about what you look like?		
Has someone spread rumours about you?		
Have you received unsolicited pictures?		
Is someone stalking you online?		
Is someone sending you nasty or insulting messages?		
Is someone repeatedly sending you unwanted messages?		
Is someone using fake accounts to make fun of you?		
Has someone logged into your account you didn't give consent to?		
Is someone pretending to be you online?		

Smokey says...

If you answered yes to any of these questions there may be a chance that you are being a bully or being bullied. Talk to an adult to find out what you can do to change your behaviour. Sometimes we feel bad and that makes us hurt others, but hurting others isn't the answer.

There are other ways to feel better.

Alternatives to going online.

Quick breaks:

- Write down a to do list for the day
- Drink some water, make a cup of tea or have a healthy snack
- Try on some of your favourite clothes
- Write down three things you are grateful for

Cheap and cheerful:

- Go to the library
- Tidy your room
- Draw a picture
- Window shopping

Relaxing:

- Take a bath
- Journal
- Meditate

What isn't on this page that you like to do offline?

Energising:

- Listen to music
- Sing a song
- Dance around your room
- Go for a run, do yoga, or some other kind of exercise

Family fun:

- Go to the park
- Play a board game
- Bake together

Discovery / adventure:

- Rock climbing
- Ice skating
- Arts and crafts

Draw or note three people you can talk to if you feel you are being bullied:

What should you do if you see someone else being bullied?



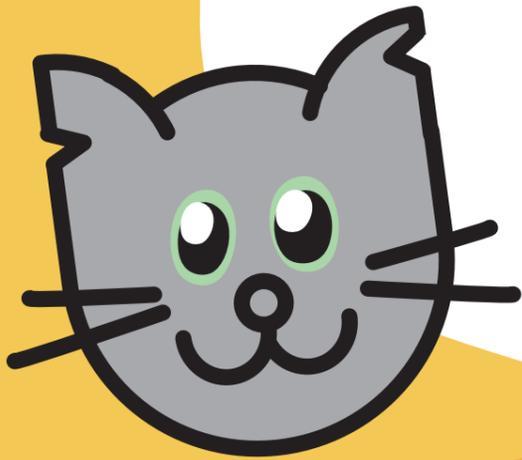
Extra resources.

Check out the links below when you have some spare time:

Interland

Play Safe. Learn Safe. Stay Safe. This website teaches you how to use the internet safely and with confidence. Interland is a virtual game where children work towards earning their badge for being Internet Awesome. Each level presents the children with questions regarding internet security, scamming, phishing and other unwanted communication.

<https://beinternetawesome.withgoogle.com/en/interland>



Childnet

Founded in 1995 in response to the speedy growth of the internet, Childnet aims to empower young people to use the internet smart and responsibly. You can follow the adventures of the SMART crew and learn more about how to stay safe online through an animated series.

<https://www.childnet.com/resources>

Helpful contacts.

If you need to talk to someone further about online bullying you can try these services:

Anxiety New Zealand: 24/7 helpline 0800 269 4389

Depression Helpline: Open 24/7. Phone: 0800 111 757

Kidsline: Helpline for young people up to 18 years of age, open 24/7. Phone: 0800 54 37 54 (0800 KIDSLINE)

Lifeline: A confidential telephone counselling service open 24/7. Phone: 0800 543 354

1737: Service offering text or talking with a trained counsellor, open 24/7. Text or phone: 1737

The Lowdown: Group of counsellors available 24/7, contact via email or text. Email: team@thelowdown.co.nz or Free text 5626

Netsafe: Provides information and help on online bullying. Phone: 0508 638 723 Email: queries@netsafe.org.nz

Outline NZ: A confidential sexuality and/or gender identity telephone helpline service, open 6pm – 9pm. Phone: 0800 688 5463 (0800 OUTLINE)

Samaritans: Helpline open 24/7 for anyone needing to talk. Phone: 0800 726 666

What's Up: Phone counselling for 5 – 18 year olds available Monday to Friday, 12pm – 11pm and weekends, 3pm – 11pm. Phone: 0800 942 8787

Youthline: Phone: 0800 376 633. Free Text 234. Email: talk@youthline.co.nz

Youth Law: A free legal service for those under 25 years. Phone: 0800 884 529 Email: info@youthlaw.co.nz



Loading...

This programme was made possible by the generous support of



AnxietyNZ

24/7 Anxiety NZ Helpline
0800 269 4389