

A rule transcript

Hi everyone! Marie here from the Childnet Education Team.

Childnet is an online safety charity and our mission and goal is to make the internet a great and safe place for children and young people.

This is the third of six interactive videos all about our special SMART rules. These are 6 simple tips to help you stay safe online and when you're using technology – you might even have heard of them before! Now, of course, they're not going to tell you everything you need to know – but we think they're a really good place to start.

During these videos we're going to ask lots of questions and give you some time to discuss your ideas so we would really like it if adults and children could work through these videos together. Also look out for our three special challenges at the end!

In this video, I'm going to talk you through the A rule.

So, let's get started! The first thing I'd like you to do is have a think about what the A rule is all about! I'll give you 10 seconds to have a think and try to guess what the A stands for...

Okay, so what do you think A stands for?

Could it be A for ant?

Or A for avocado?

How about A for astronaut?

While those are all great things, A actually stands for Accepting.

Now before we look more at the A rule and what Accepting means, it looks like Sammi has flown in with a question for us! Let's take a look, Sammi wants to know what your favourite website, app or online game is? Good question Sammi, at Childnet we love thinking about all the positive things about being online. Let's take 10 seconds to have a think.

Okay, so what was yours? I found this quite tricky to pick just one as there are so many great things to do online! But for me, it would have to be any kind of video app. There is so much choice on them and I love watching shows on my Smart TV. What's your favourite Sammi? Oh, you like playing building games online with your friends, that does sound fun. Anyway, enough of the distractions now Sammi, let's move on to the A rule.

As I've mentioned already, A is for Accepting, but to make this easier for ourselves I'm going to cheat a little bit, and take off the ING to leave us with the word accept.

I feel like I see that word a lot when I'm using technology. I also see other words that often mean the same thing: agree, confirm or even okay. And sometimes I click on ticks or arrows to show that I'm accepting something, or sometimes I have to check a box!

It's now time for you to get thinking! I would like you to think about when you have seen the word accept, or any of the other examples when you've been online. I'm going to give you 20 seconds to think about this, but if you would like longer, then pause the video and press play when you are ready.

Okay, great. So what did you come up with? There are lots of opportunities online where we are asked to accept something, isn't there? Well I thought about a new app that I started using yesterday, let me talk you through what happened, it may even include some of your examples! First, I had to accept the download to my device by clicking okay. Then when I opened the app I had to read and accept the terms and conditions to create my account, and once I'd got started and was using the app it asked me if I wanted to buy an item - which I could accept or deny by clicking on the tick or cross.

Something that I noticed about all of those examples was that each time I was asked to accept something, I was given a choice - I could agree and accept it, or I could say no and deny it if I wasn't sure what it was or what might happen afterwards.

That choice is really important because it shows us we have the power to decide what happens when we're online - but we need to make sure we always think carefully and make good choices.

Let's think about that some more by taking a look at three different examples with Sammi. Are you ready for the first one? Great.

This is a chat on a game, let's see what's being said.

The first player says: This game is sooo hard! How do you even get past level 2?

The second player replies: How long have you been playing?

Then sends another message: Try this site – which is followed by a link to another website.

Hmm, looks like we have a choice here. Should we accept this person's help by clicking on the link or not? Have a think what you would do, this is a great opportunity to discuss with the adult watching with you, so pause the video, discuss your answer, and press play when you are ready.

Okay, what did you decide? Well, let's see what our helpful assistant Sammi would do.

Sammi says that we should not click on the link. I think that's a really sensible choice Sammi, and definitely one that will keep you the most safe – you should never click on a link if you don't know the person who sent it or you're not sure about where it's going to take you. Let's see what might have happened if you had accepted the link.

Warning! Unknown download, uh oh this doesn't look good. Well done for saying not to click on it Sammi – you saved us from a virus that could have made this device run really slowly or not work at all! The link could have also lead us to see something upsetting, that made us sad or worried. Thanks for stopping that from happening Sammi!

Okay, good job. Let's take a look at another example. Oh look, here we have a pop-up that has appeared saying winner! And it looks like we may have won some money. What do you think, should we fill out our email address and accept this prize? Take time to think and discuss, and pause the video until you are ready to move on.

Okay, I wonder what you decided? Let's see what Sammi would do and see if they said the same as you. So Sammi is saying no, we should not accept this prize. Let's have a closer look at why. As you just saw, an arrow appeared on the screen and it's highlighting that we need to enter in our email address. Now if you saw The S Rule video with Tom, you may remember him saying how important it is to keep our personal information safe online. Our email address is part of our personal information so we definitely want to keep it safe and not share it here.

I also think this pop-up seems a bit too good to be true, do you? At Childnet we always say if something seems too good to be true online, then it probably isn't true. That's why it's a really good idea to check with an adult first before accepting prizes or competitions online.

Fab, okay, moving on to our last example. You're doing great – keep it up. Here we have a friend request from GamerG14 that we are being asked to accept or deny. So, for the last time today, I'm going to ask you to think about what choice you want to make. Again, pause the video and press play when you are ready.

Okay, what do you think? This one is a bit more tricky isn't it. Let's see what Sammi would do. So Sammi is saying that the answer depends on whether you know this person or not. If they are a friend from school, or a family member, someone you know offline, then accepting the friend request is okay. But, just like in the M rule, if this is a person who you only know online, so a stranger, then it's safest not to accept. If you're not sure if you know them or not, it's best to check with an adult you know and trust before you accept the request.

Now, let's remind ourselves what the A rule is. A is for accepting – think carefully before you accept things online and remember there's always another choice – like saying no or clicking away.

Oh look, Sammi is back with a helping wing to remind us all of some really important top tips! Don't accept things online if you don't know what will happen, you don't know who or where it's from, there's a chance it might be a trick, or you weren't expecting it. Instead, tell an adult you know and trust about it. This could be someone who cares for you at home, a teacher at school, any adult that you know and trust. These adults are there to help you, and want to make sure that you are safe online.

Awesome job everyone! We now have some challenges that you might like to complete.

Number one: Over the next week keep an A is for Accepting diary and make a note of every time you see the word accept or any of the alternatives we saw earlier in the video. How do you decide when it is and isn't okay to accept? Who helps you if you're unsure?

Number two: You could invent a song or rap to help you remember that A is for Accepting.

Number three: And lastly, now you are an A rule expert, you may want to create a quiz to test your friends and family on the A rule.

Pick whichever challenge you'd like to try, or have a go at all three! Adults – there's lots more information about staying safe online on our website www.Childnet.com, and if you do manage any of the challenges and would like to share the results with us – we'd love to see what you get up to! You can get in touch directly with the Education team by emailing us at education@childnet.com.

Thanks for listening and taking part. We'll see you again next time - bye!