

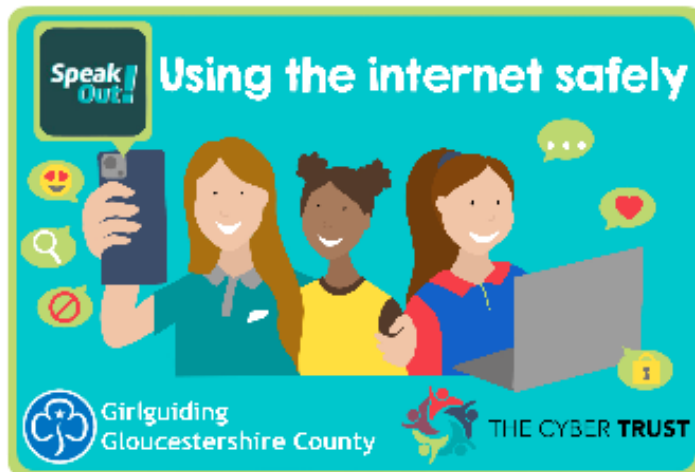


# SpeakOut!

## USING THE INTERNET SAFELY CHALLENGE

This challenge is designed to help units work with their young members to help them learn how to use the internet safely. The badge can also be earned individually if a young member wants to work on it at home with family.

This challenge has been created following a partnership between Girlguiding Gloucestershire and [The Cyber Trust](#).



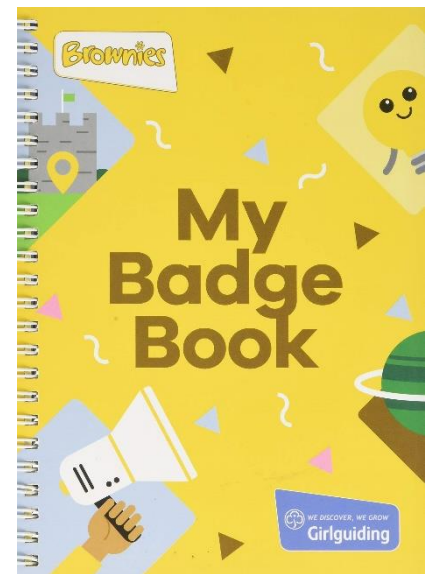
To earn your badge, please complete all challenges for your section. Visit your section's page by clicking the image below.



# BROWNIES

Complete all three challenges to earn your badge.

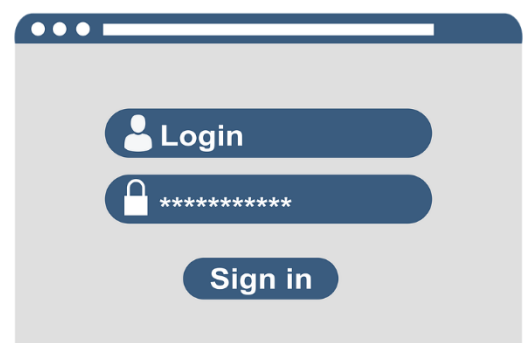
1. Read the Internet Safety page in the Brownie Badge book (page 128) and discuss with parents or Brownie Leader and agree to follow the guidance to keep safe online.



2. Design/make something as a unit to remember the SMART principles of internet safety. This could be some posters to display in your meeting place, bunting, bracelets for each girl, each with SMART and a heart symbol. The choice is yours.  
(see [Further Information](#))



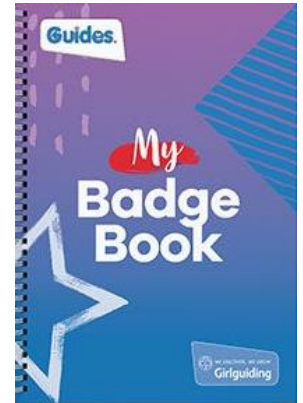
3. With your unit play Password Hangman.  
(see [Further Information](#))



# GUIDES

Complete all four of the challenges to earn your badge.

1. In your patrol, read and discuss the Internet Safety page in the Guide badge book (page 114) and agree to follow these principles to stay safe online.



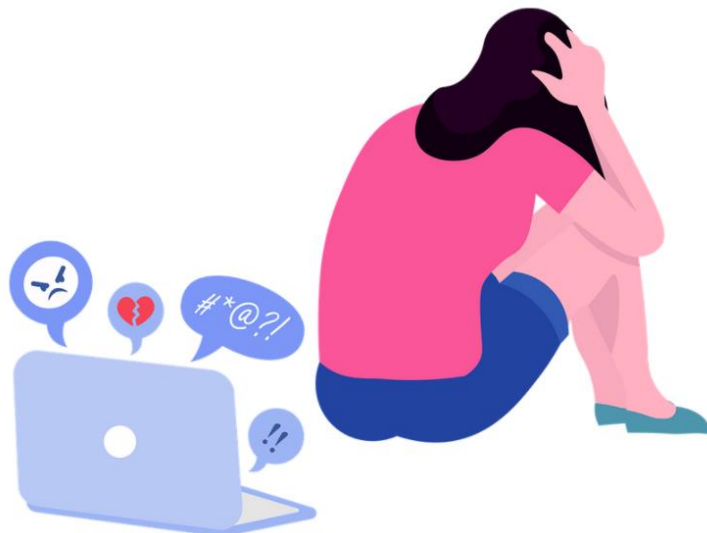
2. Take part in the Unit Meeting Activity: Message Mayhem (Be Well) to identify ways to stay safe online and develop awareness of online safety.

3. With parental permission download the Cyber Trust's SpeakOut! App. The app logo looks like the image (right).



4. Take part in a unit activity based around the SpeakOut! app:

- Go through the App by yourselves or in patrols. In a group, all participants should be using the same story e.g. Emily's story or Samantha's story.
- In your group/patrol comment and discuss Emily's story about cyberbullying.
- In your unit group develop a story of your own which focuses on the dangers of on-line bullying or on different types of on-line bullying.
- In your group/patrol comment and discuss Samantha's story and any other dangers you know about giving your personal information online to people and organisations you do not know. Discuss how can this be avoided.
- Do a role play activity - one person could be Samantha while others could be the friend(s) and Hunter.



# RANGERS

Complete all four of the challenges to earn your badge.

1. In your group, read and discuss the Web Safe Code on the Girlguiding website ([Web Safe Code Link](#)) and agree to follow these principles to stay safe online.
2. Complete the Cyber City Cyberland game: a series of cyber security related tasks in the [Cyberland](#).
3. Download the Cyber Trust's SpeakOut! App. The app logo looks like the image (right).
4. Take part in a unit activity based around the SpeakOut! app:
  - Go through the App by yourselves or in groups. In a group, all participants should be using the same story e.g. Emily's story or Samantha's story.
  - In your group comment and discuss Emily's story about cyberbullying.
  - In your unit group develop a story of your own which focuses on the dangers of on-line bullying or on different types of on-line bullying.
  - In your group comment and discuss Samantha's story and any other dangers you know about giving your personal information online to people and organisations you do not know. Discuss how can this be avoided.
  - Do a role play activity - one person could be Samantha while others could be the friend(s) and Hunter.



# FURTHER INFORMATION FOR LEADERS

## Password Hangman

### Note to leaders:

This game of hangman works best with an even number of groups. Also, you may find it better to split into groups with younger Brownies in 1 (Group A) and older Brownies in the other (Group B).

### Activity:

What makes a good password? In groups, you're going to see who the password champion is by seeing who has the best password!

1. Group A thinks of a word 6 letters long. Keep it secret, write out 6 blanks on a piece of paper as if playing hangman. \_ \_ \_ \_ \_ \_
2. Group B thinks of a 3 letter word. Keep it secret, write out 3 blanks \_ \_ \_ .
3. Each Group now takes it in turns to guess a letter. If you guess wrong, you lose a life. Can you guess the word before you have lost 10 lives?
4. Which team won the game? Why do you think that was? (Answer: Group A should win because their word is shorter. This does not always happen though, sometimes Group B gets lucky!)
5. How could you make it harder?
6. Now you could swap over, so group A has a 3 letter word and group B a 6 letter word.

### Making better passwords:

One way to make a better password that is easy to remember is to take short words and put them together e.g. catjogrun. Try it!

# SMART with a heart

(Adapted, drawing on Internet Safety in Brownie Badge Book)

The SMART with a heart principles of Internet safety are the following:

- **Safe** - Keep my personal information private - do not share it on the internet (my full name, my home or school address, my phone number or my email address, password).
- **Meet** - Don't meet up with someone that I have met online and, if someone asks me to do so, I will tell my parent/carer straight away.
- **Accepting** - Be wary of emails that contain unknown links. Know that clicking links can download viruses or other harmful files onto my devices. Never accept something if you are unsure who the person is or what they have sent.
- **Reliable** - think carefully about what I read, hear and see online, and not trust information unless I have checked it on other websites or in books.
- **Tell** - tell my parent/carer, teacher or leader if something online worries or upsets.
- **♥** - Treat people online with the same respect as I would in the real world. I will never write anything that might hurt or upset someone.

## Note to leaders:

You can find further details on the SMART principles here -

<https://www.childnet.com/young-people/primary/get-smart>

SMART with a Heart is delivered by [Childnet International](#) working with the [UK Safer Internet Centre](#).

# SPEAKOUT! APP

## Worksheet for use with young people

### PURPOSE AND BACKGROUND

The group of scenarios is designed to help young people use the power of the internet and social media safely.

The App running the scenarios has been developed by [The Cyber Trust](#) and students at the University of Gloucestershire, with the support of the Gloucestershire Constabulary's Safeguarding and Cyber Protect Team.

The App is designed to be free at the point of delivery. Further information on The Trust, its Supporters and Trustees is on the website.

### ACCESS

The App Known as SpeakOut! can be accessed using a smartphone from the Apple Appstore or the Android Appstore (Play Store). To ensure the right App is being loaded, this is its logo:



### SUGGESTED APPROACH

- The App can be used as a personal tool but is probably best used as a group activity - it will be best for learning and discussion if the setting is informal
- If possible, each person should have access to a smart phone as noted above
- Each person should go through the App by themselves or in sub-groups - this should take about 10-15 minutes. In a group, all participants should be using the same story (the number of available stories/scenarios will increase over time).

#### Emily's story (cyber bullying)

- In a group the participants should be invited to comment on such questions as the following in relation to Emily's Story:
  - Have you come across such incidents as this among your friends? Did you think it was a serious matter?
  - How do you think Emily felt?
  - As Emily's friend, how do you think you could have been as supportive as possible to Emily at different stages?

- If you came across bullying such as this at School or in Guides, what would you do?
- Having been through the story of Emily's Day how do you think you could have improved the story and outcomes for Emily?
- Ask the participants individually or in a group to develop a story of their own which focuses on the dangers of on-line bullying and/or on different types of on-line bullying.

### Samantha's story (dangers of sharing online information)

- This story is about the dangers of sharing information online with people you do not know and who are seeking to create a link to obtain personal information.
  - The story can be taken individually or, maybe preferably, in groups of two or three.
  - it could be taken as a role play activity - one person could be Samantha while others could be the friend(s) and Hunter.
  - At each pause in the story when a decision is to be made talk through the possible options that might be taken by each character and the pluses and minuses (possible consequences) of each.
- After the story has been taken as above a larger group could have a discussion about the story and any other dangers they know of giving their personal information online to people and organisations they do not know. How can this be avoided?
- More advanced participants may like to produce their own story for conversion to an App with support from the University, around the themes of internet safety, on-line security, and online risks.
- When working in a group, the leader may wish to demonstrate the App by mirroring it to a PC/Laptop (using a mirroring App such as ApowerMirror) or by screencasting direct to a TV.
- Please leave feedback on the Appstores too if you wish.

## LINKS WITH THE CYBER TRUST

If you wish to have contact with the Cyber Trust in relation to developing scenarios or to send observations and comments on the App, please contact [info@thecybertrust.org](mailto:info@thecybertrust.org) . They are particularly keen to have stories created by young people from which other young people could learn and which they would find of interest.