

"Crossing the line into Cybercrime" - How did you score?

It is important not to cross the line into cybercrime - know what behaviours are risky, harmful, or criminal so you can avoid getting into trouble!

Don't forget to check out our "What are cybercrimes?" poster.

What kind of things can I do to keep safe and stay out of trouble online?

- ✓ Look for ways to increase your tech abilities in positive, constructive, and legal ways
- ✓ Increase your knowledge and awareness of safety and security to protect yourself from harmful or criminal perpetrators
- ✓ Try to keep your devices out of reach overnight to improve your sleep - use settings to minimise sleep interruption
- ✓ If you feel that spending too much time online is negatively affecting you, learn how to take breaks and put some space between you and your devices
- ✓ Explore different spaces online in a safe way and stay away from social media platforms, chat rooms or forums that you have found to be negative, risky, or harmful
- ✓ If find yourself doing impulsive, risky or harmful things it might help to speak to someone you trust (like a friend, parent, teacher, or doctor) for guidance and advice

Quiz 1: Your Tech & Security Skills

- 0-5** Work towards improving your tech skills and cybersecurity skills to keep safe online.
- 6-11** Keep developing your tech and security skills, and make sure keep up to date with how to keep safe online.
- 12-16** You're an expert! There are lots of future career opportunities for talented young people like you in the tech sector!

We spend a lot of our lives using technology and while this is very normal, there are some risks related to tech use that you need to be aware of. There is a relationship between high tech ability, spending a lot of time on devices, and risky or criminal online behaviours, so it is important to know what behaviours or activities might get you into trouble. Also, those who are involved in risky and illegal behaviours online are more likely to take risks with their online safety and security, which is never a good thing. Online safety and security know-how is your first defence against cybercriminals, so it is always a good idea to increase your knowledge and awareness. In addition, look for ways to increase your tech abilities in positive, constructive, and legal ways, as there are lots of opportunities for tech-talented young people to build a future career in tech!

Quiz 2: Your Use of Online Spaces & Digital Devices

- 0-5** Very low risk of getting into trouble online, but it's important to keep up to date on potential risks to stay safe online.
- 6-11** Low risk of you getting into trouble online, but it's important to know the risks to keep yourself safe online, be mindful of time spent online, and seek advice if you need to.
- 12-16** Some risk of you getting into trouble online, but it's important to know the risks, think carefully about what you do online, learn how to stay safe online and seek help if you need it.

It's very normal to spend a lot of time on devices and use lots of different online spaces, but there are some risks. It's important to know that keeping your devices near you when you sleep can cause sleep interruption, which in turn can impact mood, well-being, and ability to focus on tasks during the day (like schoolwork). So, if you can, it might help to keep your devices out of reach overnight and use settings to minimise sleep disruption. Those who are involved in risky and illegal behaviours online are also more likely to use multiple accounts, with covert or fake identities, on multiple social media platforms. Some online spaces can be risky, including some social media platforms, chat rooms, forums, and the dark web – so you need to navigate the internet carefully.

Quiz 3: How You Feel Online

- 0-5** Very low risk of being negatively impacted by your online activities. Keep up the good work!
- 6-11** Low risk of being negatively impacted by your online activities, but it's important to know if and when you are being negatively affected and what you can do about it.
- 12-16** Some risk of being negatively impacted by your online activities. It's important to understand what is affecting you and what you can do about it, like seek help if you need it.

Increased online risk taking, having negative thoughts and feelings when online, or having negative thoughts about not being able to go online are all potentially problematic. For example, those who are involved in risky and illegal behaviours online are more likely to feel as though they spend too much time online, to the extent that being online impacts their mood, emotions, behaviours and even relationships. The need to be constantly online can be quite compelling. If you think too much time online is negatively affecting you, it might help to put some space between you and your devices from time to time. Even though it can be easier to do things online you wouldn't do offline, there are still risks and people can still be hurt. Try to learn more about how being online might impact your mood and behaviour, how to take breaks when needed, and most importantly how to avoid risky, harmful, and even criminal behaviours.

Quiz 4: Thinking About Risk Taking & Cybercrime

- 0-5** Very low risk of getting into trouble online. You could be a digital champion for your friends!
- 6-11** Low risk of you getting into trouble online. You need to learn more about online risky, harmful, and criminal behaviour and the potential consequences.
- 12-16** Some risk of you getting into trouble online. You absolutely need to learn more about online risky, harmful, and criminal behaviour to avoid legal and other consequences.

Doing things that are harmful, either offline or online, is one of the main risks of becoming involved in illegal behaviours online. For example, those who are involved in risky and illegal behaviours online are more likely to do things online that get attention, are hurtful, or could get them in trouble. Even though you can be anonymous online, and this might make it easier to do hurtful and risky things you wouldn't do offline, there are still risks and potential consequences. It's important to know that the police can still investigate anonymous online crimes. Those who are involved in online crime are also more likely to do things with friends that are risky, harmful, or could get them into trouble. Try to learn more about what behaviours to avoid online so that you don't get into trouble. If you worried about things you have done online and breaking the law, it might help to speak to someone you can trust.