



# Good Cyber Citizenship & Digital Footprint



*Image: Public Domain: kszajpar.com*

**Gaming-Gambling Awareness Program (G-GAP)**  
 August 2022 (updated)

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## Agenda



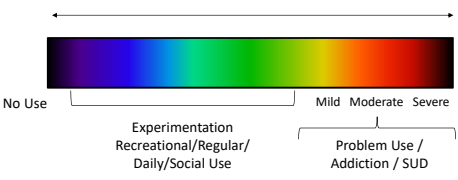
*Image: Public Domain: Flickr.com*

- What is a good cybercitizen?
- How to be a good cybercitizen
- Screen time recommendations
- What is a digital footprint? How is it tracked?
- Apps and malware tracking
- Safeguards
- Cleaning up your footprint
- Hacking help

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## What is Problem Use?



No Use — Experimentation — Mild — Moderate — Severe

Recreational/Regular/Daily/Social Use — Problem Use / Addiction / SUD

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## How much screen time is too much?


- 0-2 years: No
- 2 to 5 years: Additional TV
- 5 to 12: NOT Yo
- Over 12: 2 hou


**DID YOU KNOW?**

52% of Ontario students from grades 9-12 spend **5 or more** hours per day on devices

25.6% spend **7 or more** hours per day

This only includes *FREE* time



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## What Is A Good Cybercitizen?

A good digital/cybercitizen has responsible online social skills and participates in online community life in an ethical and respectful way.

- **Lawful:** Does not hack, illegally download or use other people's work, or cause harm to some else's identity.
- Protects personal privacy and the privacy of others.
- Knows rights and responsibilities when using digital media.
- Thoughtful of how personal online activities affects the self and others.



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## Tips for being a good cybercitizen

- 1. Post Mindfully:** The Internet has no delete key.
  - Even if you think it is deleted everything posted online is permanent and can stay there forever.
  - Others can make copies of your posts and share without your consent.
  - Don't say anything online that you wouldn't say to someone that is standing in front of you.
  - Once you post a comment you can't take back a regretful remark that you made.
  - Many posts can negatively affect future relationships or job prospects.
  - Treat others the way you want to be treated when online. Stay respectful, positive and polite.



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Image: Public Domain: needpix.com

- 2. Respect the Rules:** Be sure you follow the rules and guidelines of each site that you use.
- 3. Keep Personal Information Private:** Stay safe and do not share your phone number, address or any contact information online.
- 4. Property Rights:** Do not steal or use someone else's work, image, or video without permission or acknowledgment.





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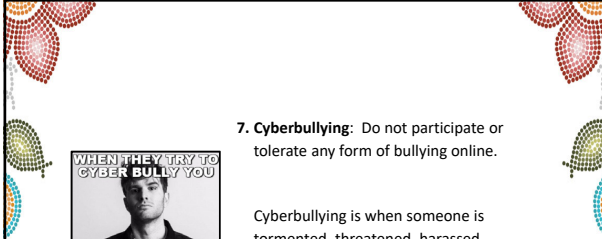
Image: Public Domain: needpix.com

- 5. Fake News:** Don't believe everything you read or see online.
  5. The internet can be used for manipulation
  6. Fact Check before sharing posts to ensure accuracy.
  7. Be sure you check facts when you press a like on images as well else you might be spreading propaganda.
- 6. Be Socially Conscious:** Manage your social media profile and online reputation so you are not misrepresenting yourself.




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WHEN THEY TRY TO  
CYBER BULLY YOU



**BLOCK THEM**

**7. Cyberbullying:** Do not participate or tolerate any form of bullying online.

Cyberbullying is when someone is tormented, threatened, harassed, humiliated, embarrassed or targeted by another person using digital devices and online.

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**Common Cyberbullying includes:**

- Sending mean messages, insults, or threats.
- Spreading rumors online or through texts.
- Sexting, or circulating sexually suggestive pictures or messages
- Spreading or sharing false information about someone.
- Trolling and cyber-stalking someone.

**Suggestion:** Be part of the solution to end online bullying.

MNO Factsheet: Cyberbullying Quick Facts

This handout can be found on metisgaming.com




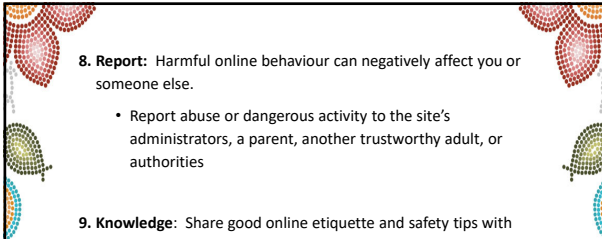
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Image Source: Public Domain: Pixabay

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**8. Report:** Harmful online behaviour can negatively affect you or someone else.

- Report abuse or dangerous activity to the site's administrators, a parent, another trustworthy adult, or authorities

**9. Knowledge:** Share good online etiquette and safety tips with others.

**10. Create Your Own Good Digital Footprint online**

I believe in free speech  
I also believe in mute,  
block, delete.





Image Source: Public Domain: me.me

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**Internet Safety Rules for Children & Pre-Teens (Tweens)**


This handout can be found on metisgaming.com

**INTERNET SAFETY RULES**  
Children and Tweens Contact Sample

Each child/teen for kids under 14 and tweens/teens with their online log-in as they agree to review and understand.

1. Use your own personal information such as your address, telephone number, parents' work and telephone numbers, unless authorized by your parents.
2. Ask for your parents' right email ID before email sending that makes you feel uncomfortable.
3. Ask your parents to get together with someone "trusted" online without first checking with you parents.
4. Ask for with the parents about sending pictures of yourself or others online and will not send any pictures that your parents consider to be inappropriate.
5. Ask for report for any messages that are mean or make you feel uncomfortable.
6. Ask for with the parents on that you can get on-line for games, writing, and using a mobile device that you should use that have the best parental controls. Also, should always use the internet with your parents.
7. Ask for your parents to be responsible to answer from the best to help you that the parents.
8. Ask for with the parents before downloading or installing software or doing anything that could possibly be harmful to your computer or mobile device or to the family's privacy.
9. Ask for a signed contract and will not do anything that hurts other people or that is inappropriate.
10. Ask for help the parents understand them to have fun and learn things online and teach them things about the internet, computers and other technology.

Parent's signature: \_\_\_\_\_ Child's signature: \_\_\_\_\_

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## Internet Safety Rules for Teens

**INTERNET SAFETY RULES**  
Teens Contract Sample

1. I will be respectful to myself and others - won't bully and won't let others bully by others.
2. I will be a good digital citizen, aware of my rights and the reputation of my friends and others who might be included or included in my posts.
3. I won't post or send photos or other content that will embarrass me, get me in trouble or jeopardize my privacy or security.
4. I will respect other people's privacy and be cautious when posting photos or other content about them.
5. I'll be responsible of how much time I spend on the web, phone and other devices and won't let my use interfere with sleep, school work and time to have relationships.
6. If I find any links, I will check my parents will use digital technology.
7. I will respect other people's digital privacy and data - won't read, hack, break into anyone's information or send them to someone without their permission.
8. I will protect my passwords and practice good Net security.
9. I will be thoughtful in my use of my space and bandwidth. I'll use anyone else's content or images or digital things or other content only if it's been approved.
10. I will help create a culture of respect and tolerance among my peers and at my school.

Date: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

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## Digital Footprint

Your digital footprint is your online identity and reputation.

It leaves a trail of data that you create when using the Internet and reveals a lot about your online activity.

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## What Is Your Digital Footprint?

- Posts, likes, shares, and comments on social media
- Emails
- Text messages
- Online photos & comments
- Your personal information:
  - ❖ Address
  - ❖ Phone Number
  - ❖ Email
  - ❖ Birthday

AND MUCH MORE....

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**Your digital footprint can be tracked by everything you do online.**


- **Search engines:** simple searches, visiting websites and online shopping
- **Social media:** comments and posts on social media, skype/zoom/facetime calls, apps, and emails
- **Search history:** saved sites, cookies, log-in information
- **Personal and banking information** that you share with other online services
- **Blogs and social media updates**
- **IP address location:** when you visit a website, servers can log and identify your internet service provider and your approximate physical location.

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## Who is Looking?

- Your digital footprint can be traced by potential employers, schools, creditors, government agencies, and law enforcement.
- Digital footprints can also attract the interest of hackers and those out to steal your identity.
- Data collected is often shared with third parties with or without your knowledge or permission.
- Every site can provide information to third parties, even a simple google search.



**Instagram Data Policy**  
We also receive information about your online and offline actions & purchases from third-party data providers who have the rights to provide us with your information.

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## Third Party Applications and Malware

A third party app is a software application made by someone other than the manufacturer of a mobile device or its operating system. Third party apps often contain malware:

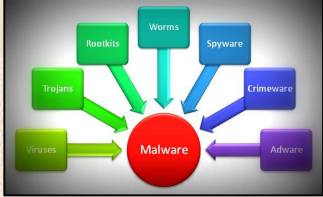



Image Source: Wikimedia Commons; Adrin Dlatza

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## Third Party Applications (Apps): Malware Warning

Malware in your device can:

- Spy on your activities without your knowledge or consent.
- Install malicious codes like ransomware and adware on your device.
- Steal your personal information.
- Be used for identity theft.
- Give or sell your information to a third party (hacker) who can then send you spam emails.
- Slow down, alter or damage your computer.



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## Third Party Apps: Granting Access

Third party apps get your permission when you click on ads, social media games or quizzes, or download external software, music or video files.

When you click on things online you are giving access to your account and all information including:



- Your device
- Your birthday
- Your contact information
- Relationship status
- Types of media you like
- Political views
- Access to your contacts, friends or followers




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### Limit The Risk

- Set all accounts to highest / advanced privacy settings.
- When downloading apps use those from google play or apple appstore. These are vetted for malware.
- Avoid downloading free apps or software from unknown sources. Remember free is not really free.
- Do not play free games or take quizzes available on social media sites.

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### Cybersecurity – Protecting Your Devices

Simple Safeguards:


- Use anti-virus protection and keep it updated.
- Use a malware removal tool (like Malware Bytes)
- Use secured Internet Connections.
- Limit Downloads.
- Use a strong passwords and change them often.
- Do not save log-in/username and passwords.
- Do not share your personal information, relationship status, any address, or contact info online.
- Practice Safe Browsing
- Use a VPN (Virtual Private Network) to access the Internet


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### VIRTUAL PRIVATE NETWORK (VPN)

- Using a VPN creates a tunnel between you and the internet.
  - Prevents eavesdroppers from getting your information or tracking your online activity.
- The tunnel encrypts your connection so the information, or data, between your internet browser and server are not revealed.
- No one along the VPN tunnel can intercept, monitor or alter your communications.
- VPN services are available online. It is better to sign up for a paid service if you can. Although there are some free VPN service nothing online is 'free' as your data from free VPN providers might still be used or sold to third parties.




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### Cookies And Ads

Online vendors and product review sites often leave cookies in your system.

Those cookies can track your movement from site-to-site. This allows targeted ads to be sent to you.



Suggestions:

- Search in your browser for step-by-step instructions
- Turn on the pop-up blocker
- Disable and delete cookies
- Enable the 'delete history upon exit'
- Search online in private or anonymous mode

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### Increasing Your Anonymity

- Do not share your passwords with anyone.
- Consider using an avatar or graphic, instead your own image, as a profile photo
- Utilize privacy settings like controlling who can look you up or view your profiles
- Don't give too much information with your updates and be aware of what you post, blog and say. Example:
  - ❖ Do not announce that you are away from your home or on vacation.
  - ❖ Do not announce that you are alone at home.
  - ❖ Do not post anything with your address





Image Source: Public Domain Images

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### Common Signs Of Hacking


HACKED

- You get a ransomware or bribing message
- Unwanted toolbars or browsers appear
- Your internet searched are being redirected to site you did not click on
- Popups are more frequent and random
- Your password is not working
- Software installs are in your device that were not there before
- Your friends are getting social media invitations from you but you did not send them
- Online account money is missing
- Your mouse moves between programs and makes selections on its own

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### Immediate Steps To Take

- Change all Passwords on your devices, email, social media and subscription and shopping sites (like Amazon, Paypal, Rakuten, Honey etc.)
- Run a security scan your device(s) for viruses and malware.
- Review all of your banking accounts and check the account activity.
  - If there is unauthorized purchases immediately report this to your financial institution.
- Contact the authorities if you fear that identity theft has happened.
- If you have been hacked consider reinstalling your operating system, wipe the hard drive clean and retrieve your back up files.
  - Use an IT professional or someone savvy that you trust. You do not want to transfer damage files back into a clean device or accidentally lose your information

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### Information And Contact

For more information, for assistance to present or book workshop in your community, or for a gaming, online use, or gambling assessment, please contact our confidential specialised Gaming-Gambling Awareness Program (G-GAP) staff:

**Métis Nation of Ontario**  
**Gaming-Gambling Awareness Program**  
**Email: [ggap@metisnation.org](mailto:ggap@metisnation.org)**  
**[www.metisgaming.com](http://www.metisgaming.com)**  
**[www.metisnation.org](http://www.metisnation.org)**

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**FOR IMMEDIATE ASSISTANCE**

Free and Confidential Help in Ontario:  
**MNO 24-Hour Mental Health and Addictions Crisis Line**  
**1-888-767-7572**

For Métis culturally sensitive mental health and addiction supports for adults, youth and families in Ontario in both English and French.

**ConnexOntario**  
**1-866-531-2600**

Support and referrals available in multiple languages

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**WHAT HAS BEEN COVERED:**

- Good Cybercitizenship Awareness
- Understanding Your Digital Footprint
- Cybersecurity & Safeguards
- Clean up your Footprint
- Hacking Help
- Getting Support



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