Words you will learn:

harmful
Something that can hurt someone or make them feel upset or unsafe.

realistic
Similar to how things are in real life.

unrealistic
Different from how things are in real life.

Words you may know:

risk
The possibility that something could cause harm.

block
To stop someone from contacting you or seeing your messages online.

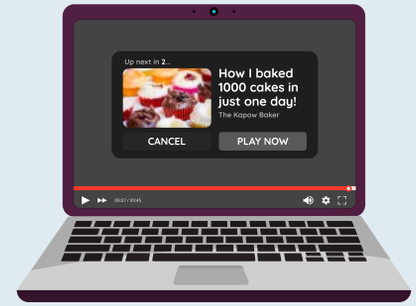
Gambling

Some online gaming can resemble gambling. Gambling is when adults risk money or belongings hoping to win something. Gambling has an age restriction of 18+.

18+

Online platforms

Many online platforms use features to keep users engaged for as long as possible. Some features include:



autoplay

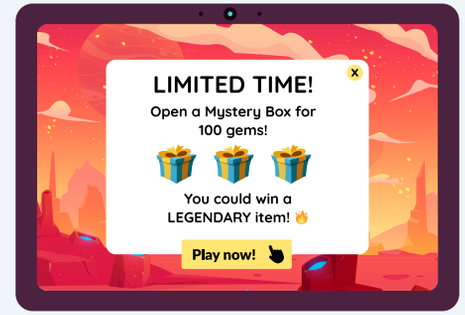


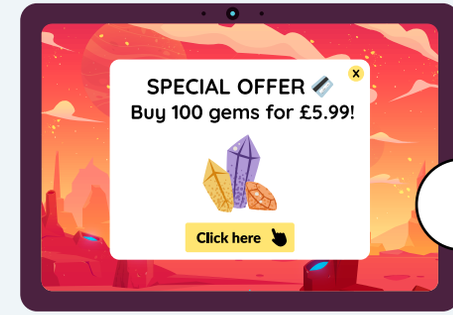
infinite scroll

Online gaming

Sometimes we see things on games that:

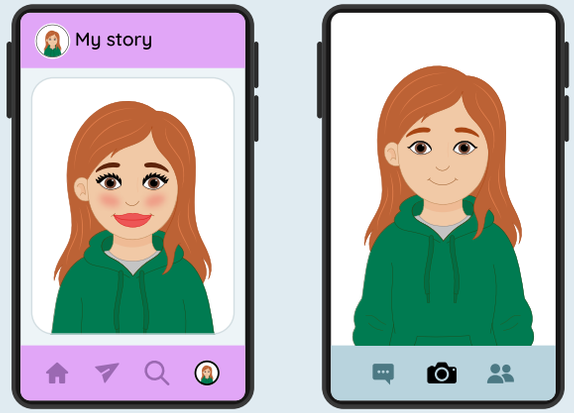
- Make offers sound exciting or create urgency.
- Involve luck.
- Encourage users to spend real money.





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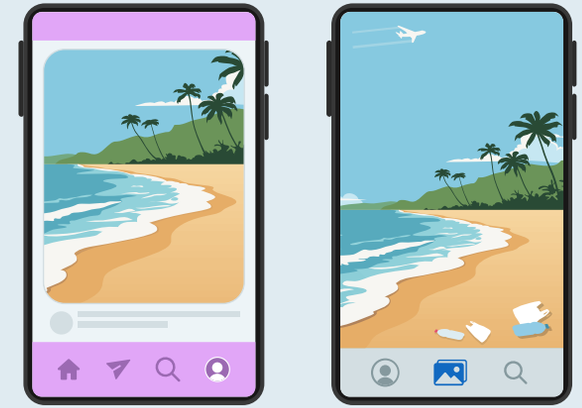
Online content can be unrealistic because people sometimes:



use filters and editing apps to change how photos and videos look

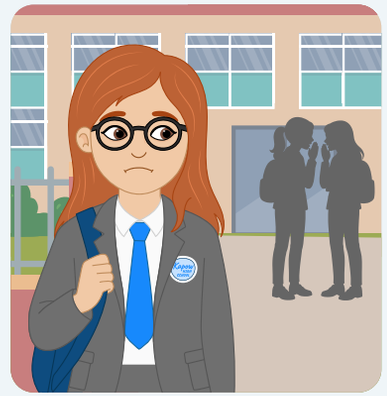


exaggerate or not share the full picture



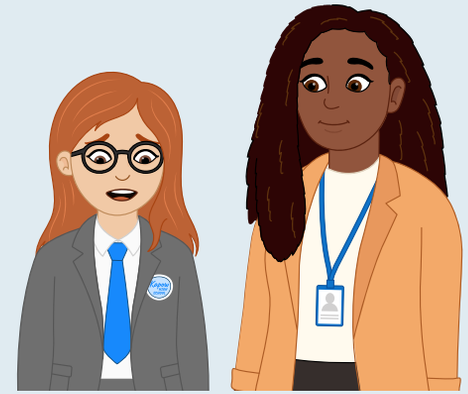
only choose to share the best parts of their lives



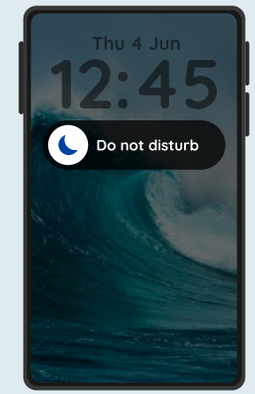


Online bullying is unkind behaviour online that is done on purpose and happens more than once, including when others share it.

Responding to online bullying



tell a trusted adult



do not reply



be an upstander

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