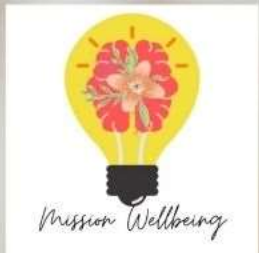


Safe Online



Mission Wellbeing

Do you use internet?





Do you like this tree?

*Which flower (icon) is your favourite ?
why?*



The positive impact of using the internet

- It provides effective communication using emailing and instant messaging services to any part of the world.
- It improves business interactions and transactions, saving on vital time.
- Banking and shopping online have made life less complicated.
- You can access the latest news from any part of the world without depending on the TV or newspaper.
- Education has received a huge boost as uncountable books and journals are available online from libraries across the world. This has made research easier. Students can now opt for online courses using the internet.
- Application for jobs has also become easier as most vacancies are advertised online with online applications becoming the norm.
- Professionals can now exchange information and materials online, thus enhancing research.



The negative impact of using the internet

- Easy availability of illegal or inappropriate materials online that isn't age-suitable.
- Addiction to social networks can disrupt an individual's life, both personally and professionally.
- Some miscreants use the internet to hack into people's accounts for spurious activities including stealing data or banking information.
- Yet others have been known to misuse the internet for spreading hate and terrorism, two dangerously catastrophic scenarios.

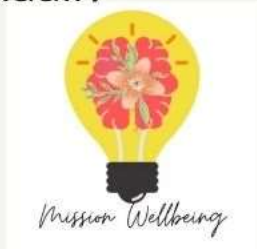




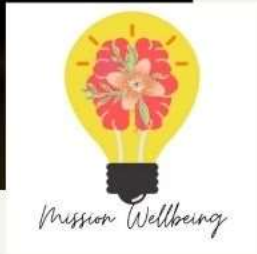
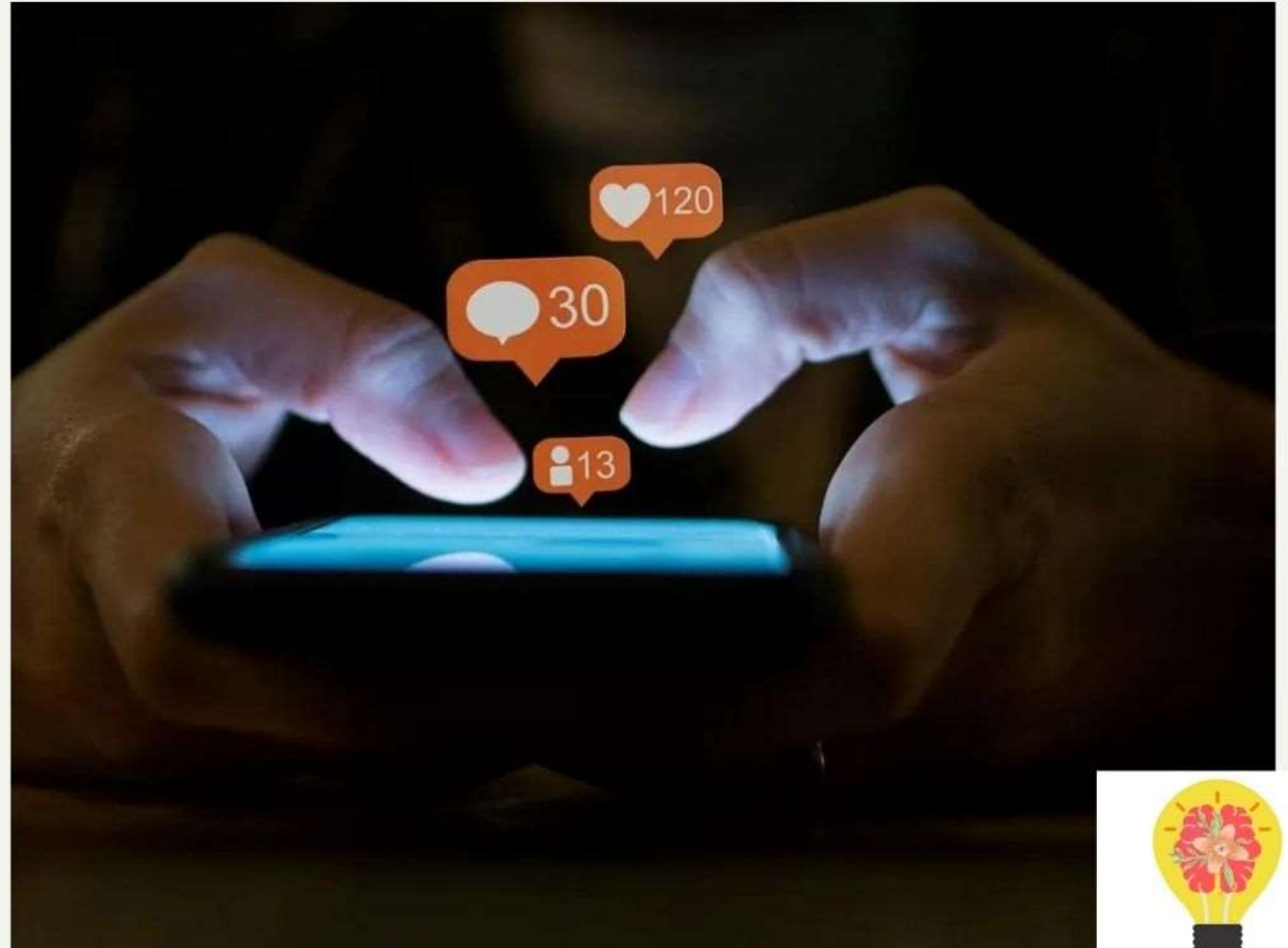
More than 400 per cent increase in cyber crime cases committed against children was reported in 2020 in comparison to 2019, with most of them relating to publishing or transmitting of materials depicting children in sexually explicit act, according to the latest NCRB data.

Top five states reporting cyber crimes against children are: Uttar Pradesh (170), Karnataka (144), Maharashtra (137), Kerala (107) and Odisha (71), the National Crimes Record Bureau data stated.

Among the 842 of online offences, 738 cases were about publishing or transmitting materials depicting children in sexually explicit act.



Are we a victim of digital addiction?



7 Most Common Forms of Cyberbullying



1. Harassment
2. Catfishing
3. Exclusion
4. Outing
5. Trolling
6. Fraping
7. Cyberstalking

CYBER BULLYING

Enter your sub headline here

n% of teens have been

CYBERBULLIED

It made them
feel...

xx%
depressed

As a result of
being
bullied...

xx%
Self-harmed

xx%
suicidal

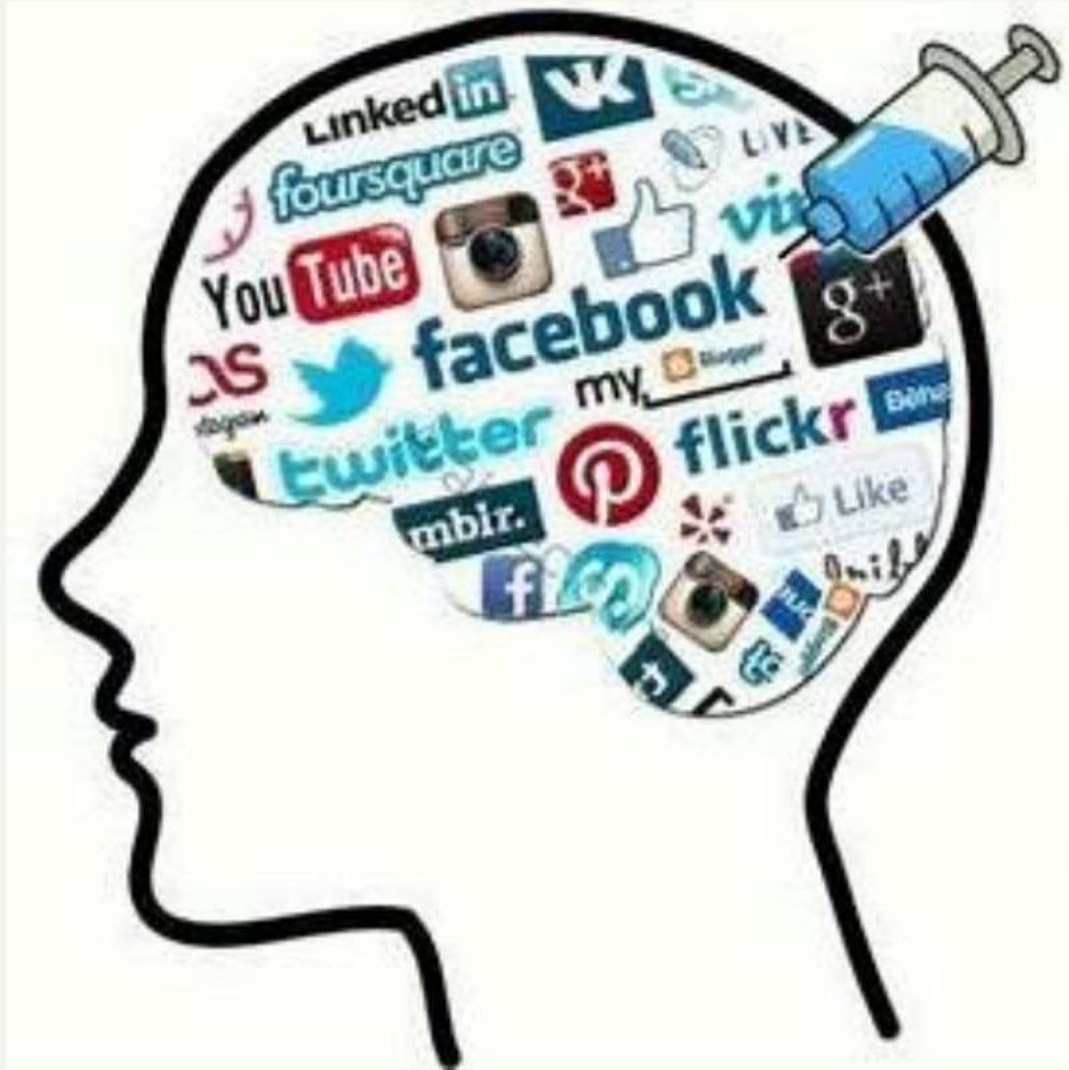
xx%
Avoided
people

xx%
helpless

xx%
Closed social
media accounts



Impact of social media on mental health



- Anxiety
- depression
- Isolation
- loss of reality
- fear of Missing out
- Low Self Esteem
- Envy
- loneliness
- Negative feeling
- Emotional and behavioural disorder