

Teachers Workshop Report

Online Safety



Introduction

When it comes to raising a child, the school is an important player. With the increase in providing access to technology devices, students at school are exposed to the positive and negative effects of the Online World.

Many kids spend a lot of time at school - over 30 hours a week and some families look up to teachers for help with many things, not just schoolwork, but also life outside of school, including the online life of their kids.

It's important to note that some teachers also struggle to deal with problems that happen online and are unaware of some of the dangers students are exposed to on the internet.

Due to the above fact, teachers need to have the knowledge and skills they need to provide this support, including knowledge of how particular platforms work and the ability to engage children in constructive conversations on digital issues. Schools are an important avenue for supporting children's online experience and for proper monitoring of students

This is why Virtually Safe is committed to providing online safety support and resources to teachers.



About this Report

In order to understand the basic understanding of the online space from the teachers perspective, Virtually Safe examined the association between teacher's experience online, their online action, and their safety practices using a questionnaire during the Online Safety Teachers Workshop with support from Google.org and Impact Amplifier.

The Online Safety Teachers Workshop took place on Friday, 28th of June, 2024. 50 teachers were trained and equipped with online safety school kits and lessons. The kit included a data collection tool called baseline and endline report form which was shared amongst the teachers. This report analysis is based from the responses of those who attended the workshop.

Summary

Data from this year's research shows that 45% understand online safety practices and the negative effects on the dangers of the internet. 45% have zero knowledge on the effect of cyberbullying nor the solutions that can be created to prevent such online threats. 85% cannot identify when a child is groomed online and 55 % have zero knowledge on online safety practices that can help promote healthier internet interactions and offline lives.

From the data, 75% agree that there can be a lot of negative impact from using the internet and these effects could extend into their personal lives. Some of the areas that have been identified to be affected are the physical, social, financial and mental health of young people. Notably, 90 percent of teachers also discouraged online betting as they identified it as something they would rather not be associated with.

45% have zero knowledge on the effect of cyberbullying...

Taken together, the quantitative and qualitative arms of this research, teachers have basic understanding of internet usage but lack creative ideas on how to promote online safety practices and curb online threats.

They could understand warning signs and the effect of online threats but may not be able to do a proper implementation of promoting a healthy online life for young people.

Finally, The research gives us an insight into the knowledge gap and what to focus on as we continue to empower teachers in Nigeria on Online Safety Issues.



Data Collection Tool

Our primary data collection tool for this report was the Baseline and Endline assessment which was shared to the teachers during the workshop

Baseline Assessment

What are some of the potential risks associated with online betting?
Fraud, financial loss, Risk factor, Peer pressure
Psychological risks etc.

How do you protect your personal information when using the internet?
Use strong and unique passwords, enable two-factor authentication, keep software up-to-date etc.

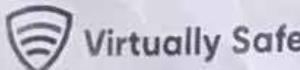
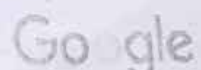
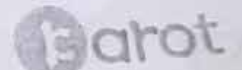
What are some healthy habits you can adopt to stay safe online?
Use strong password, stay informed, use a secure search engine, be mindful of online sharing.

How do you know someone struggling with online gambling addiction?
Increased secrecy, financial issues, loss of interest etc.

Have you ever encountered someone online who made you feel uncomfortable by pressuring you to share personal information or secrets?
 Yes No
If so, how did you handle the situation? _____

What are some of the potential long-term emotional and psychological consequences of cyberbullying for victims?
Anxiety and depression, social isolation, suicidal ideation

What can be done to encourage more positive and supportive online communities that discourage cyberbullying behavior?
Set clear guidance and rules, lead by example, Educate
Educate users about cyber bullying.

 Virtually Safe < TEENS CAN CODE >  

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Baseline Assessment Report



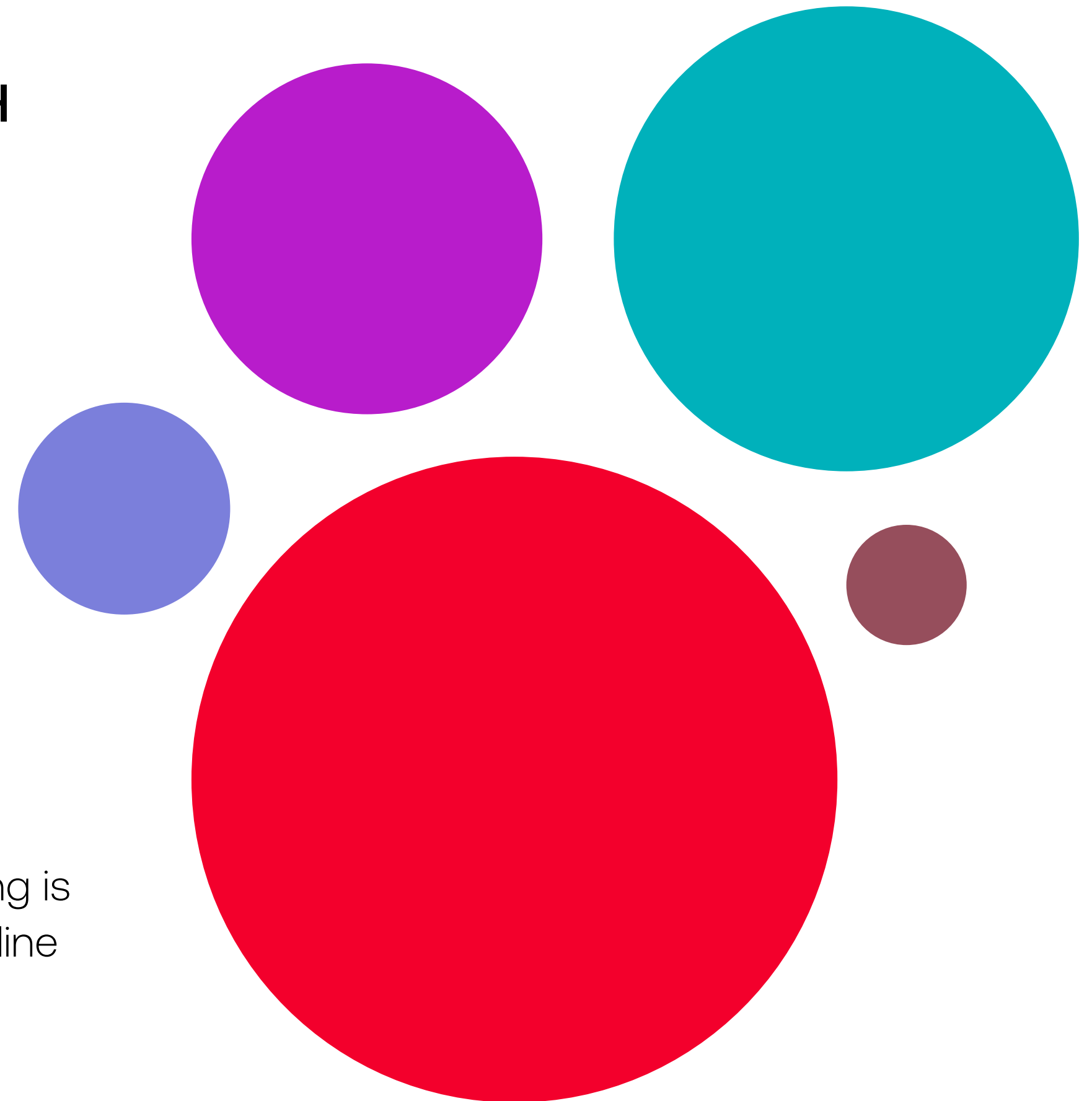
Question 1

WHAT ARE SOME RISK ASSOCIATED WITH ONLINE BETTING?

Here are the top answers we got in response to online betting?

- Addiction - 20% ●
- Fraud - 10% ●
- Financial Loss - 40% ●
- Waste of Resources - 25 % ●
- Depression - 5% ●

The data shows teachers understand that online betting is associated with significant risks. This suggests that online betting can have severe consequences for individuals, including financial harm, resource waste, and negative impacts on mental health.

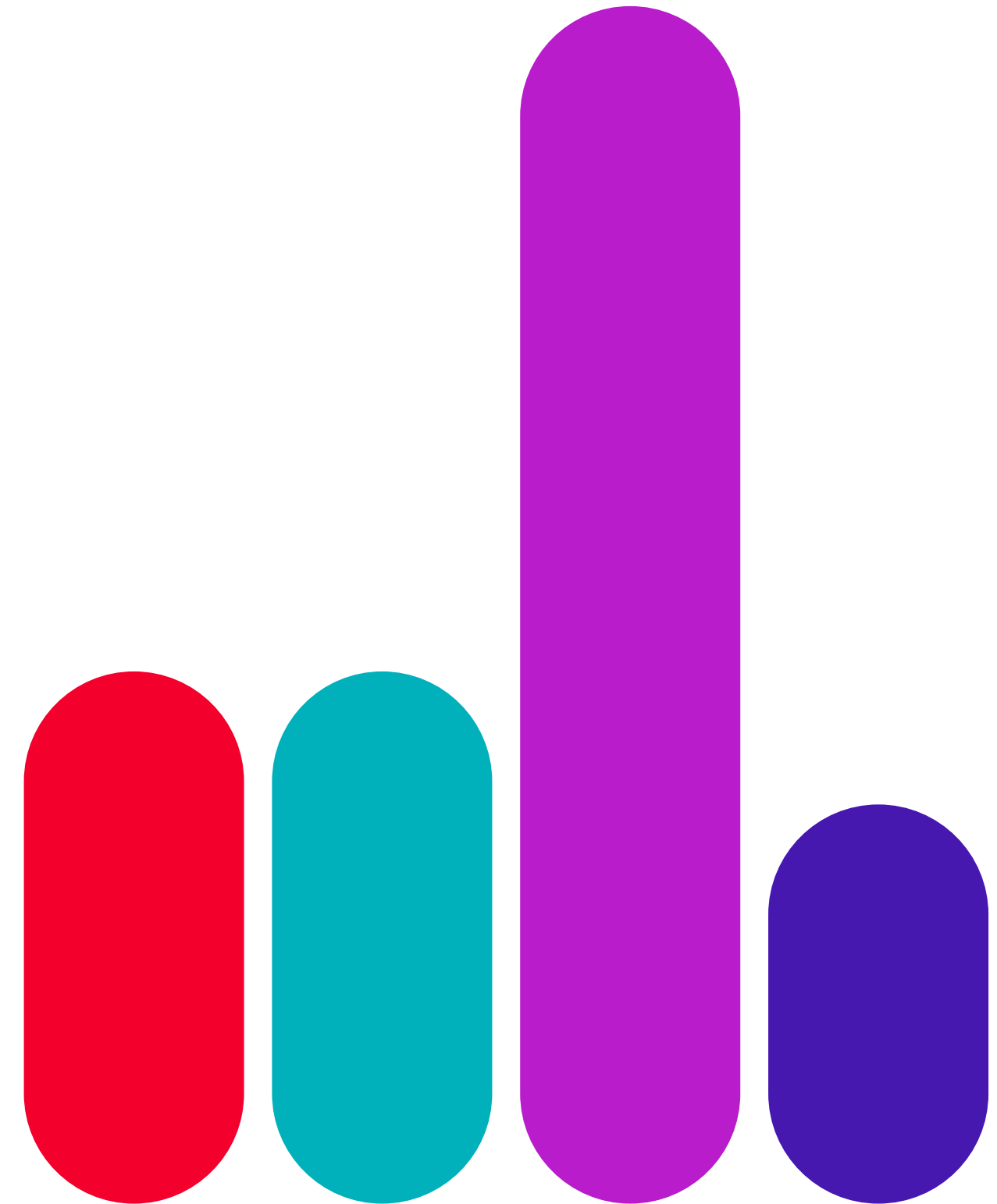


Question 2

HOW DO YOU PROTECT YOUR PERSONAL INFORMATION WHEN USING THE INTERNET ?

- Not sharing personal information online - 20%
- Not opening unknown links - 20%
- Using a strong Password - 45%
- Two factor authentication - 15%

This data suggests that teachers prioritize password security more and caution when interacting with online content to safeguard their personal information.



Question 3

WHAT ARE SOME HEALTHY HABITS YOU CAN ADOPT TO STAY SAFE ONLINE?




Privacy Settings - 25% ■
Zero Knowledge - 45% ■
Use of Antivirus - 20% ■
Non disclosure of
personal information - 10% ■

Despite the basic understanding of how teachers can protect their personal information online, 45% of them have zero idea of the healthy habit they can cultivate to stay safe online. This shows the knowledge gap and may affect transfer of knowledge to the children in their care.



Question 4

HOW DO YOU KNOW SOMEONE
STRUGGLING WITH ONLINE GAMBLING
ADDICTION?

Isolation - 30% 
Lack of Finances - 25% 
Lifestyle - 15% 
Depression - 30% 

From the above, it shows that teachers understand basic signs of online gambling addiction.

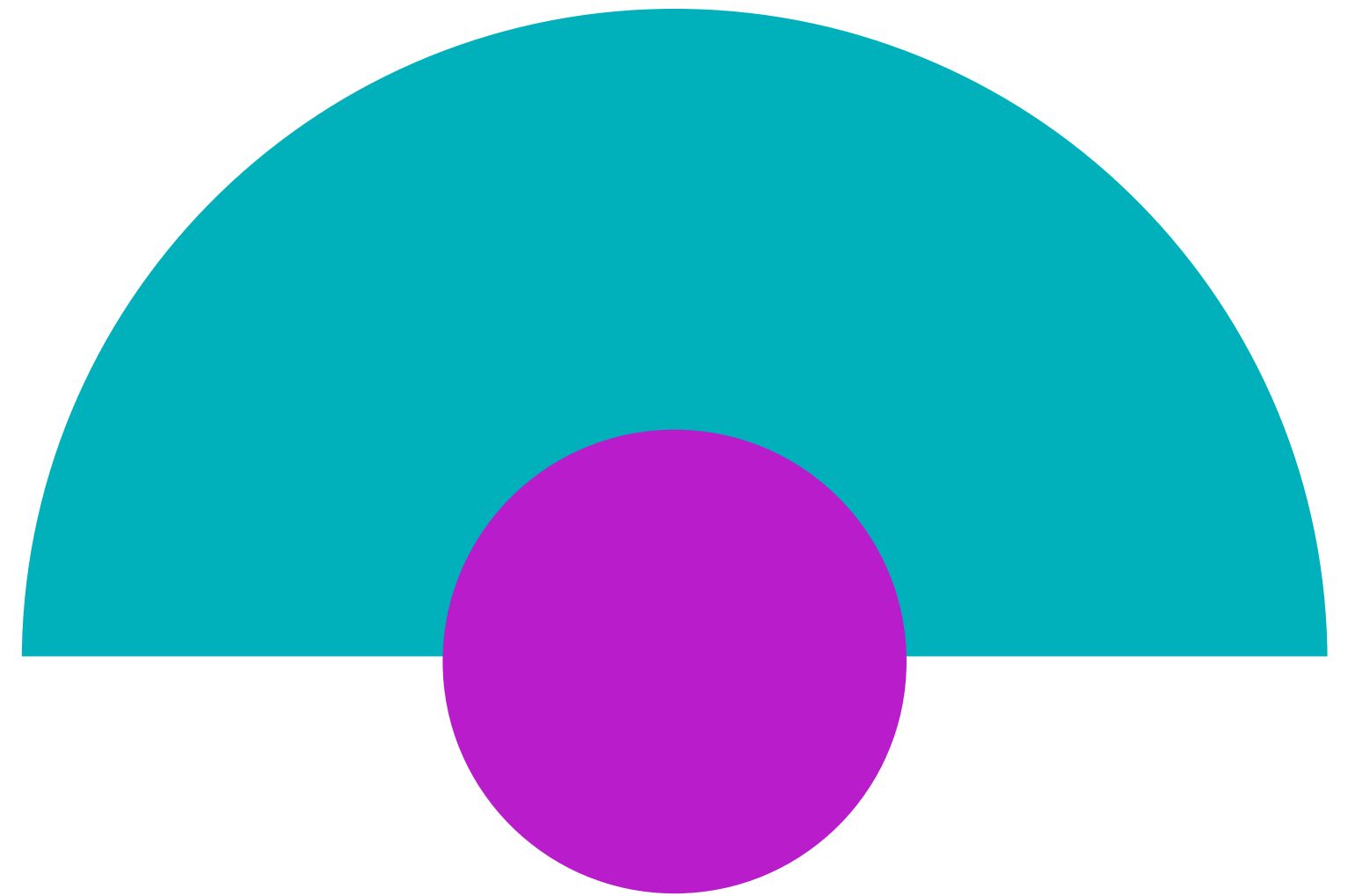


Question 5

HAVE YOU EVER ENCOUNTERED SOMEONE ONLINE WHO MADE YOU FEEL UNCOMFORTABLE BY PRESSURING YOU TO SHARE PERSONAL INFORMATION OR SECRET?

Yes 75% ●
No 25% ●

This data shows that the majority of teachers have experienced pressure on the internet to share their personal information with a stranger.



Question 6

WHAT ARE SOME OF THE POTENTIAL LONG TERM EMOTIONAL AND PSYCHOLOGICAL CONSEQUENCES OF CYBERBULLYING FOR VICTIMS?

- Depression - 35% ●
- Low Self Esteem - 23% ●
- Zero Knowledge - 42% ●

This data shows that the majority of teachers have experienced pressure on the internet to share their personal information with a stranger.



Question 7

WHAT CAN BE DONE TO ENCOURAGE MORE POSITIVE AND SUPPORTIVE ONLINE COMMUNITIES THAT DISCOURAGE CYBERBULLYING BEHAVIOUR?

Awareness - 35% ●
Sensitization - 20% ●
Zero Knowledge - 45% ●

Since 42% of the teachers do not have an idea of the long term effect of cyberbullying on victims, this data also reveals that 45% of the teachers do not have an idea of how to promote positive online communities that will help curb cyberbullying.



Endline Assessment Report

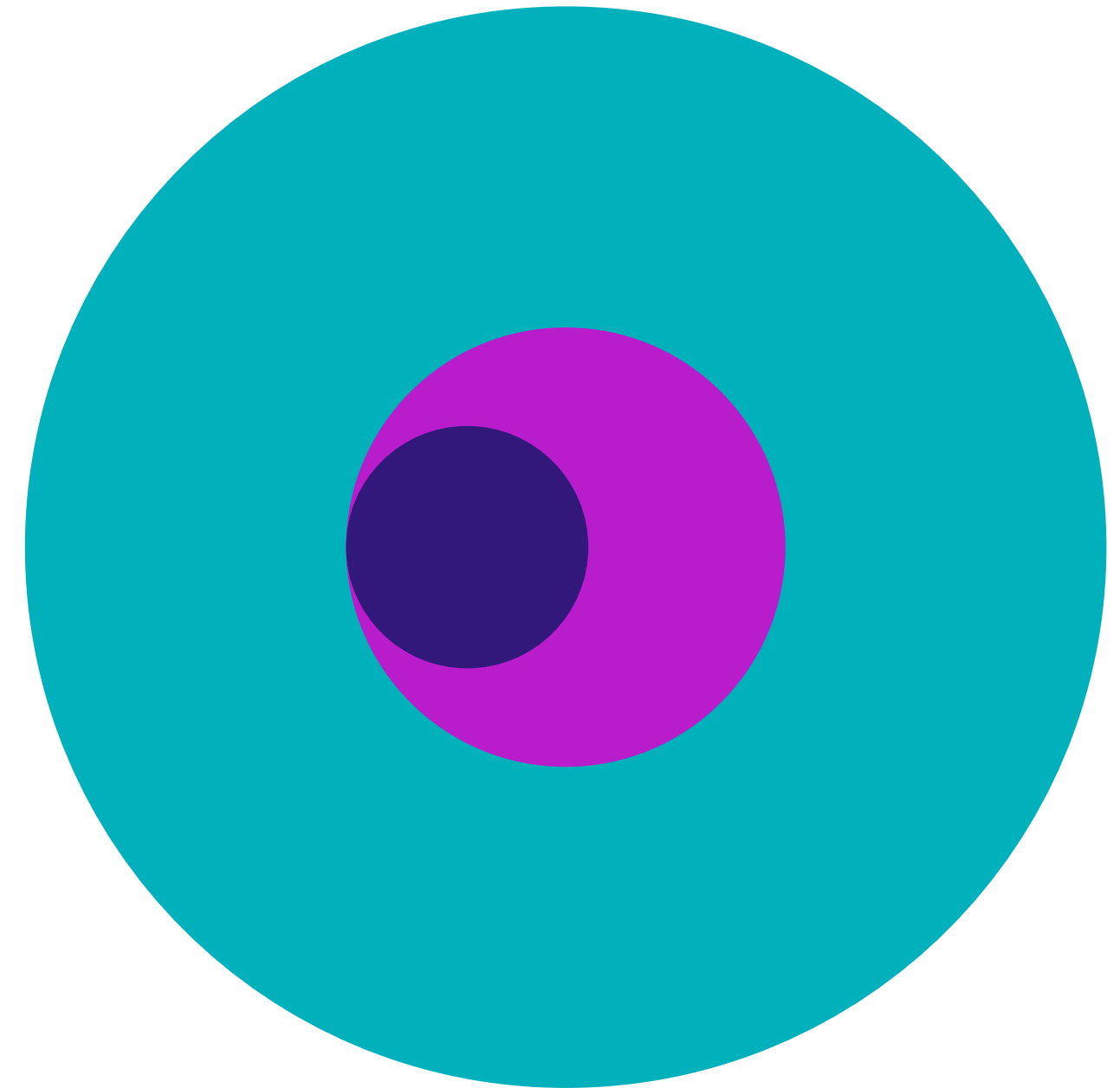


Question 1

CAN YOU IDENTIFY SOME OF THE WARNING SIGNS THAT SOMEONE MIGHT BE GROOMING A CHILD ONLINE?

Addiction - 10% ●
Isolation - 5% ●
Zero Knowledge - 85% ●

From the above, it is safe to say that 7 out of 10 teachers will not be able to identify when a child is being groomed online.

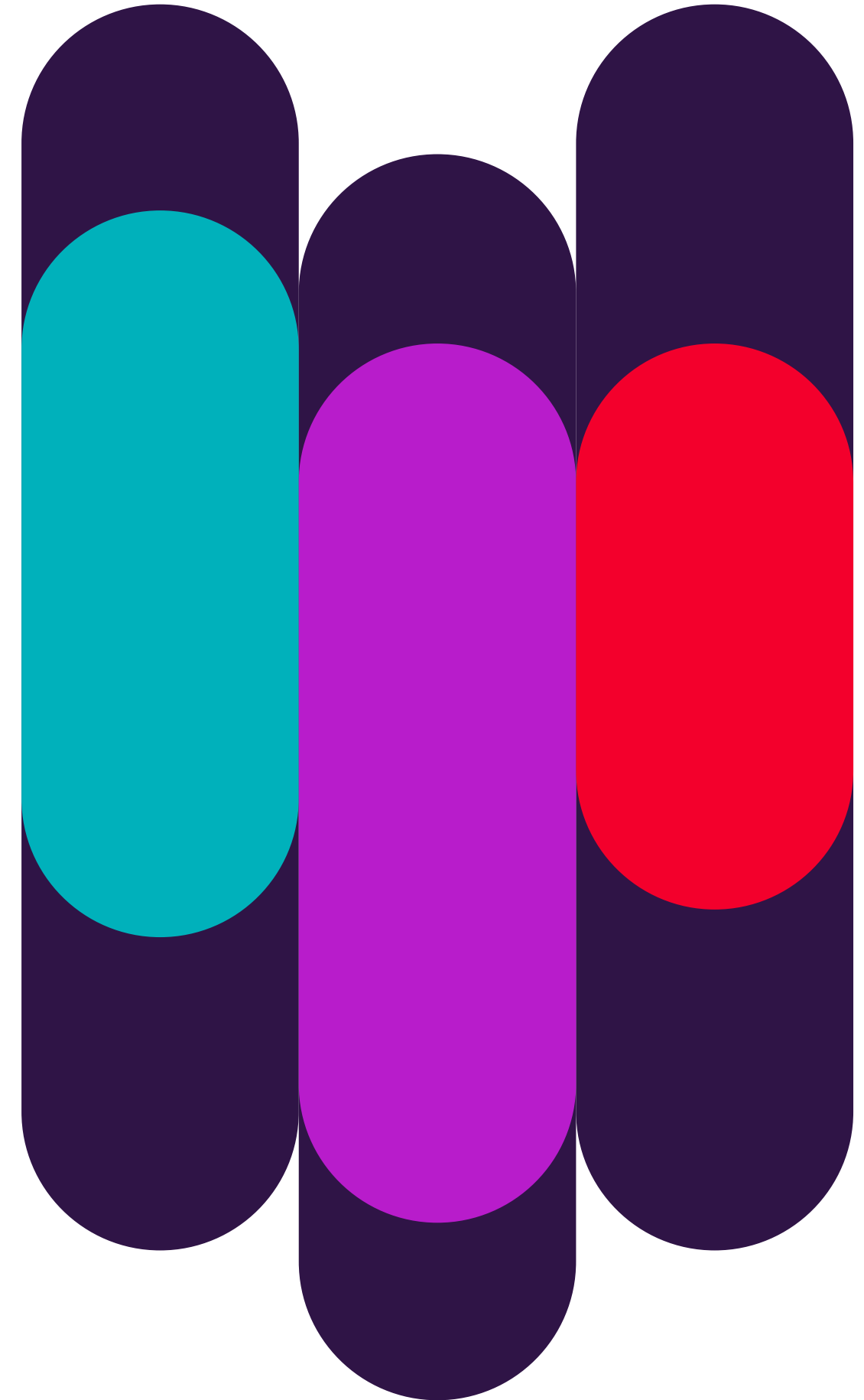


Question 2

HOW CAN YOU CREATE A MORE OPEN AND TRUSTING ENVIRONMENT WHERE CHILDREN FEEL COMFORTABLE TALKING ABOUT THEIR ONLINE INTERACTIONS, EVEN IF THEY ARE UNCOMFORTABLE?

- Open Communication - 35% ●
- Educate on Online Safety - 45% ●
- Create a Safe Space - 20% ●

This data reveals that teachers are aware of how they can be more engaging with kids to promote an environment where they feel comfortable to share their experiences using the internet.

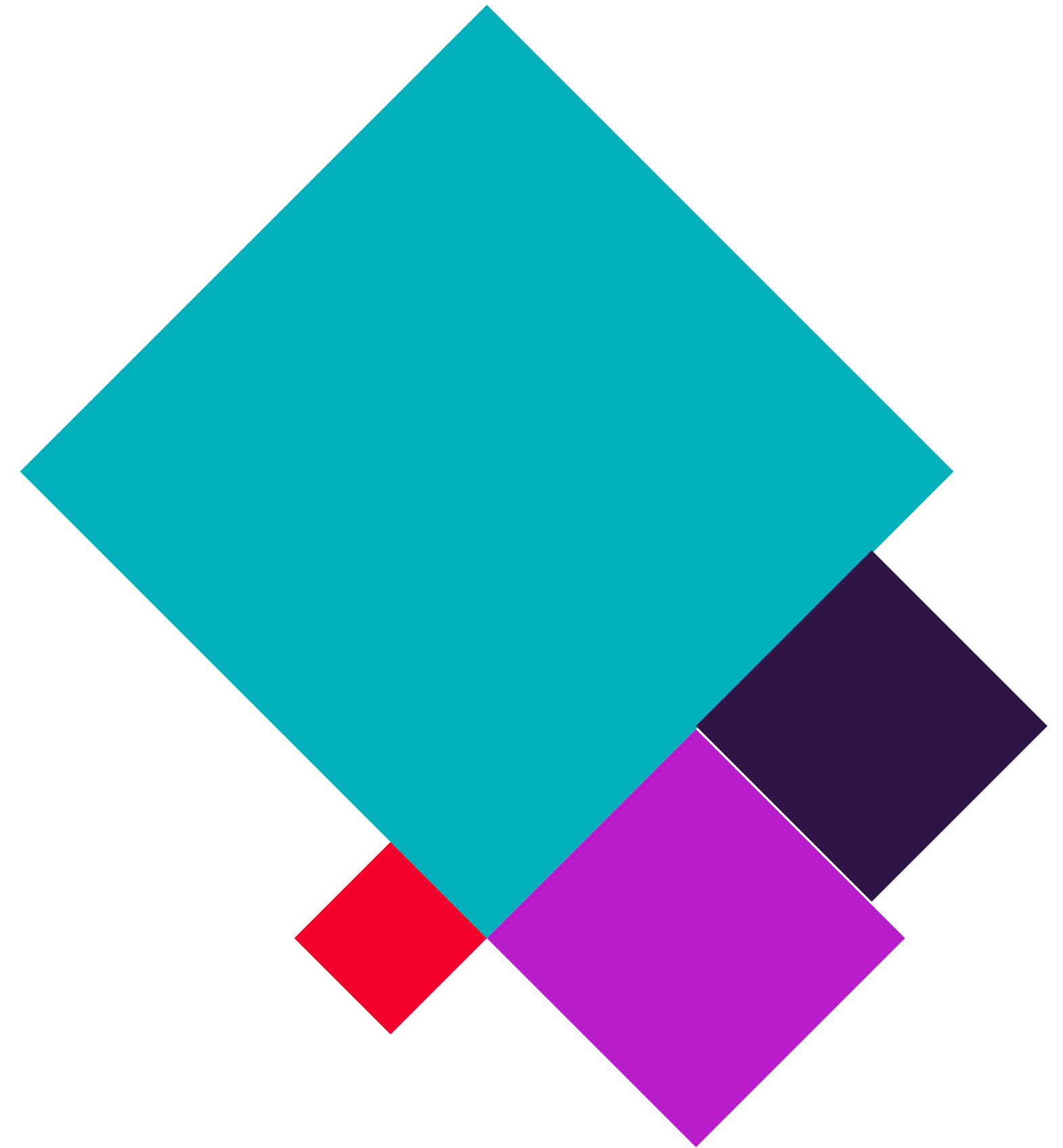


Question 3

WHAT ARE SOME OF THE POTENTIAL LONG TERM EFFECTS OF CYBERBULLYING ON VICTIMS?

- Depression - 65% ◆
- Low Self Esteem - 19% ◆
- Suicide - 11% ◆
- Financial Crisis - 5% ◆

This data reveals that teachers understand the existing long term effect of cyberbullying on victims and they could be in the form of a physical, psychological, social or financial effect.

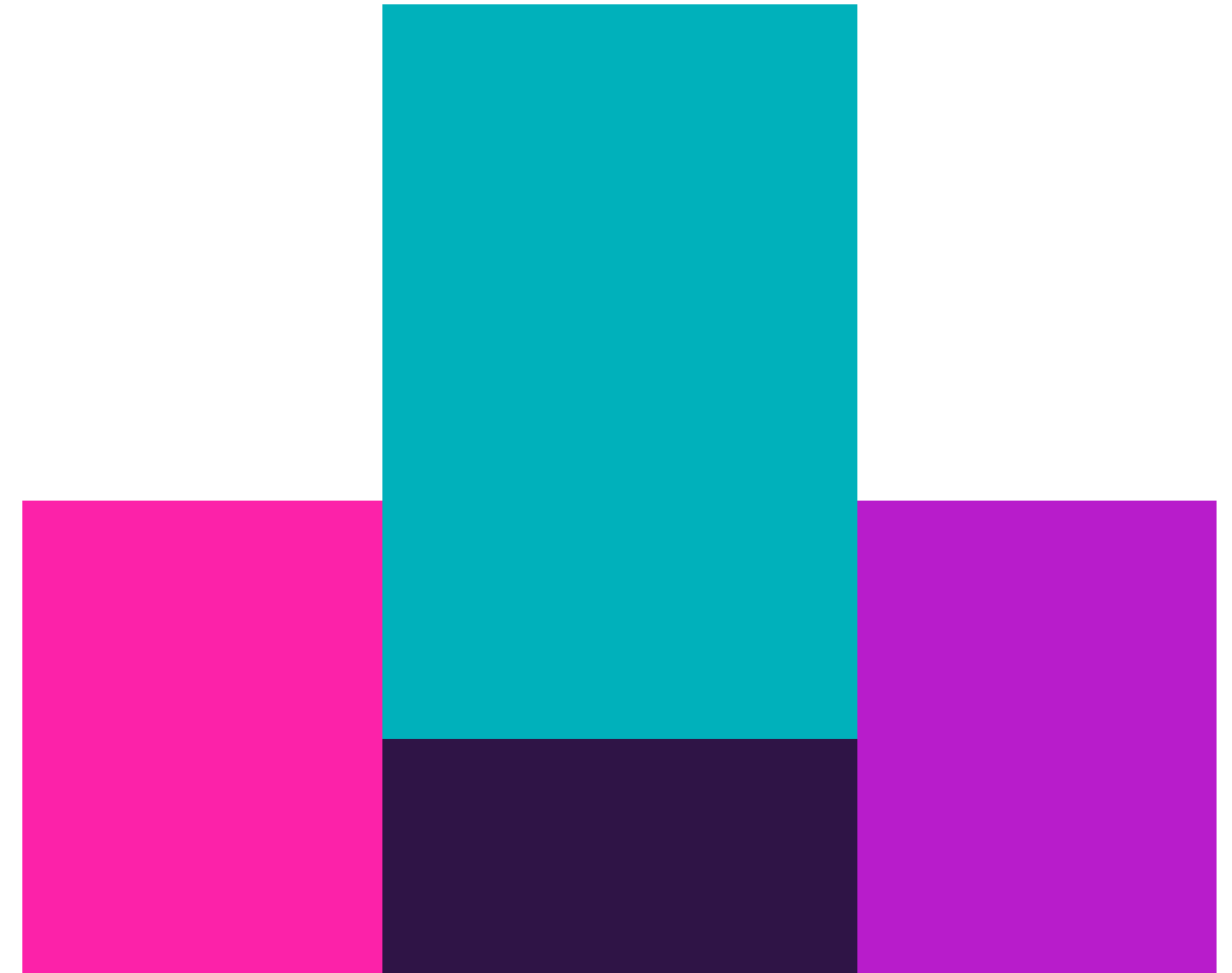


Question 4

HOW CAN BYSTANDERS EFFECTIVELY INTERVENE AND SUPPORT VICTIMS OF CYBERBULLYING ?





- Creating Support Systems - 40% ●
- Reporting Cyber bully - 25% ●
- Open Communication - 25% ●
- Therapy - 10% ●

Teachers seem to have an understanding of important interventions that can be created to support victims. However, there is a need to encourage therapy as an intervention



Question 5

WHAT ARE SOME PRACTICAL STRATEGIES YOU CAN INCORPORATE TO ACHIEVE A HEALTHIER BALANCE BETWEEN YOUR ONLINE AND OFFLINE LIFE?

Focus Mode - 40% 
Website blockers - 13% 
Less screen time - 27% 
Zero Knowledge - 20% 

This data reveals that teachers understand the importance of creating a healthy balance with the online and offline life. However, there are more practical strategies that can be useful to achieve that.



Question 6

WHAT ARE SOME SIGNS OF TECHNOLOGY ADDICTION AND HOW CAN YOU MANAGE YOUR SCREEN TIME MORE EFFECTIVELY?

SIGNS

- Uncontrolled use of devices - 45% ■
- Not relating with peer group - 45% ■
- Poor academic performance - 10% ■

SOLUTIONS





- Less screen time - 40% ■
- Focus Mode - 35% ■
- Zero Knowledge - 25% ■

From the responses, it important to highlight the need to train teachers on online safety practices as there are more signs and solutions to technology



Question 7

WHAT ARE SOME OF THE POTENTIAL RISKS ASSOCIATED WITH ONLINE BETTING ?

- Underage gambling - 20% 
- Financial Crisis - 55% 
- Bullying - 5% 
- Depression and Anxiety - 20% 

The data above reveals that the consequences of online betting is more than financial loss. It can affect the underaged and have physical implications.



Question 8

WHAT ARE SOME PRACTICAL STRATEGIES YOU CAN INCORPORATE TO ACHIEVE A HEALTHIER BALANCE BETWEEN YOUR ONLINE AND OFFLINE LIFE?

- Focus Mode - 40% ●
- Website blockers - 13% ●
- Less screen time - 27% ●
- Zero Knowledge - 20% ●

This data reveals that teachers understand the importance of creating a healthy balance with the online and offline life. However, there are more practical strategies that can be useful to achieve that.





Conclusion

The teachers are important in ensuring a healthier internet and if they are not well equipped, there is no way we will achieve that.

Beyond the basic things such as setting up passwords, screen limit, two factor authentication, teachers need to be more informed about the various online threats that many young people face.

They also need to be empowered to understand how to address many of these issues with an open mind and be trained with resources for a proper implementation.

Teachers need to be more involved and take high interest in online issues so as to better understand them and prepare to address them. This gap that has been identified shows the importance of the teachers workshop conducted by Virtually safe and the school club lessons for teachers. At Virtually Safe, we have also equipped teachers with flash cards, online safety resources, board games and many more resources for their benefit and that of the children in their care.

Above all, online safety is important to the teachers for their well-being and that of the young people.

Want to dig a bit deeper into our findings
around internet safety?

Visit our website www.virtuallysafe.org





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