In times of social isolation, the Internet use increases. The need to be informed, the desire to be in communication, having to work from home, the impossibility of learning at school or at university, have turned the digital environment into an everyday space. This rise in the use of the Internet creates opportunities and generates risks. Knowing them allows us to navigate in a safer and more creative way in the digital world.
**HATE SPEECH**

Hate speech is the promotion of discriminatory texts against the dignity of a person or a group, to cause harm. It involves humiliation and contempt. This discourse, based on prejudices, expresses racism, xenophobia and discrimination.

*What to do:*
- Question stereotypes and prejudices
- Compare with other points of view
- Value pluralism and diversity
- Block and prevent viralization

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**CYBERBULLYING**

Cyberbullying is the harassment that a person suffers when someone intimidates him or her on the Internet. It is a verbal psychological harassment that generates depression, isolation, insecurity and unhappiness. Cyberbullying seeks to defame, slander and exclude.

*What to do:*
- Ignore bullying messages. Not to answer them
- Understand that it is a form of intimidation
- Value difference and diversity
- Block users who practice it

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**FAKE NEWS**

“Fake news” is intentionally untrue content which is uploaded in false websites or social media, to harm a person or a group. UNESCO refers to them as “disinformation. They have affected elections, induced people to avoid vaccinating their children, and engendered violent acts. Fake news damage democracy.

*What to do:*
- Identify the author of the information
- Verify the date of the content
- Analyze the arguments presented
- Check what other sources say about the subject

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**PRIVATE LIFE ON THE WEB**

In social networks, private life is visible to everyone. Intimacy becomes public and creates risks: the content that is shared can be used by unknown people, for unwanted purposes. What is shared in the web, is difficult to delete and may stay there forever.

*What to do:*
- Do not include personal information
- Do not share private photos
- Do not upload images of others without authorization
- Do not share schedules of daily activities
The Internet created new opportunities for participation. It allows us to express ourselves, make ourselves heard and exercise the right to act in the community. It promotes a participatory culture that strengthens social commitment, through different platforms and tools.

**What to do:**
- Create a website or blog
- Produce an online video
- Intervene in an online forum or debate
- Participate in a web campaign

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The Internet generated a new virtual language. Digital interaction allows us to test new codes. The web offers the opportunity to interact with diverse audiences and assess the multiple views that exist on the same subject.

**What to do:**
- Discover new forms of communication
- Experience digital language
- Value pluralism
- Interact with diverse audiences

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The Internet promotes dialogue between people who do not know each other. It integrates them, based on collaboration and exchange networks, to solve problems, promote projects and develop ideas that improve the society life.

**What to do:**
- Choose projects that interest the community
- Create different exchange networks
- Make decisions that include everyone
- Act collaboratively

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The Internet has infinite borders. This fact requires people to analyse the impact that their message can have on audiences they never met. The potential of the Internet is enormous. The responsibility of those who use it, too.

**What to do:**
- Analyse why we want to share the message
- Think what will be public and what will be private
- Evaluate how the message may affect others
- Use codes and languages that do not discriminate