

Our Digital Lives

Cameron Macintosh



Our Digital Lives



Cameron Macintosh



Contents

Digital Technology Today	2
Social Media	4
Smart Suggestions	6
Powerful Posts	8
Online Gaming	10
Problematic Programs	12
Accessing Other People's Computers	14
Cybersecurity	16
The Future of the Internet	18
Let's Stay Cyber Safe	21
Staying Safe on Social Media	23
Staying Safe from Malware	28
Finding the Right Balance	30
Glossary	31
Index	32

Digital Technology Today

For many of us, digital technology is like a glue that keeps us connected to one another. It allows us to make connections with people around the world and to share our interests with like-minded people. As well as helping people to keep in touch with each other, digital technology allows us to access information and communicate with the wider world in ways that would have been unimaginable to previous generations.

Online digital technology can take the form of **social media** posts, such as photos and videos, or **blogs**, which can be posted in a text or video format. We can access these types of posts through the various online **platforms** now available to us.



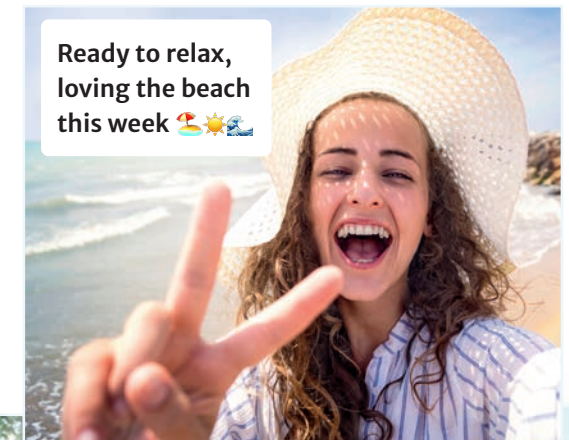
Smartphones allow us to access and share online content more easily.

Even with all the advantages of online technology, we still need to be mindful of problems that can arise from it. Spending time online can expose us to privacy breaches, such as **hacking**, or to **viruses** and **malware**. These threats can damage our devices or gather information about us without our permission.

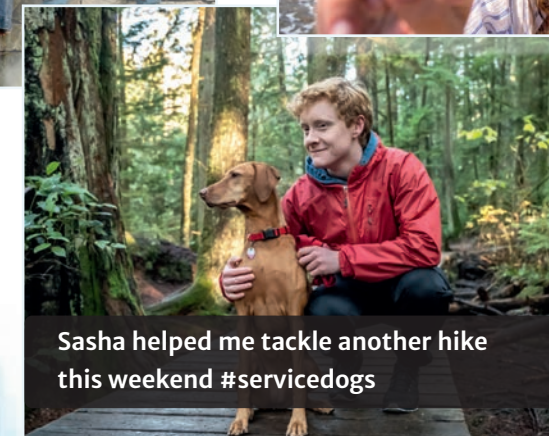
Our self-esteem, or the way we feel about ourselves, can also be affected when we see how others present themselves on social media. We often only see the best parts of other people's lives and achievements online, which can make us compare our own lives or physical appearance unfavourably to theirs.



I love our beautiful family! ❤️



Ready to relax,
loving the beach
this week 🌈☀️🌊



Sasha helped me tackle another hike
this weekend #servicedogs

Social Media

Social media is a technology that allows people to communicate and share information through digital networks. This information can take many forms, including photos, videos or links to websites and articles.

Until the early twenty-first century, governments and private companies controlled the media that most people watched, read or listened to. They decided what people would be able to view on TV, hear on the radio or read in printed magazines and newspapers. This all changed with the arrival of social media in the late 1990s. Suddenly, people had much more control over the media they could access. People were also able to post their own content online, which they could share with anyone around the world who had access to the internet.

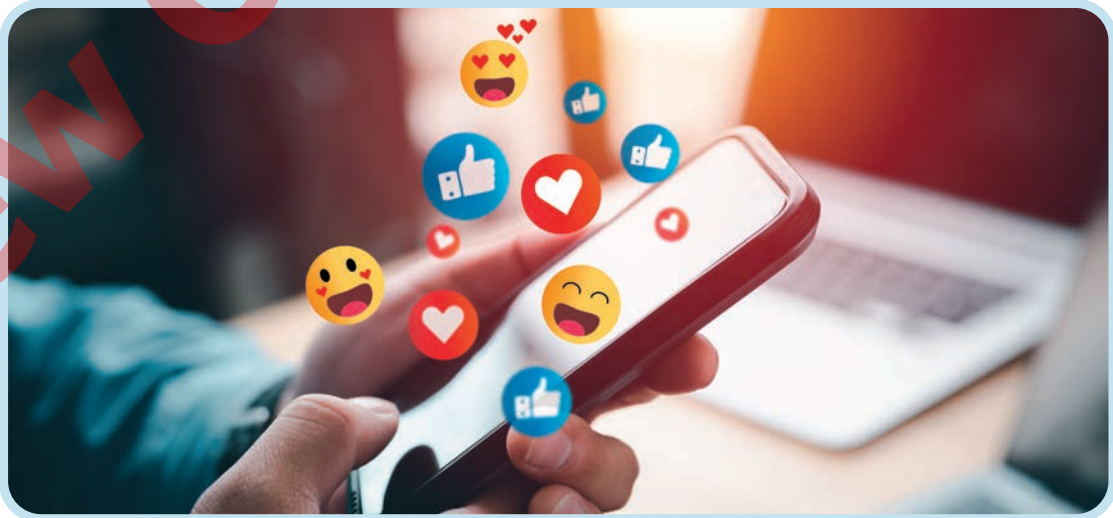


Username: RileyTheKing342

Interests: camping
gaming
baking
reading

Social media profiles help us to connect with others online.

Social media uses what are known as platforms: websites or **apps** where people can create profiles that others can see and interact with. Popular platforms include Instagram, Facebook, TikTok and Twitter. One of the first platforms was called “Six Degrees”. It launched in 1997 and allowed users to make their own profile to connect with friends and family, much like present-day platforms.



Social media platforms allow users to interact with each other’s profiles and posts.

Social media can be extremely useful for collaborations, such as school or work group projects, as well as for sharing interests and making connections with people we might not otherwise meet in person. It does, however, need to be used with care, as it can sometimes expose us to **misinformation, cyberbullying** or pressures to change the ways we look or behave that are not good for our self-esteem.

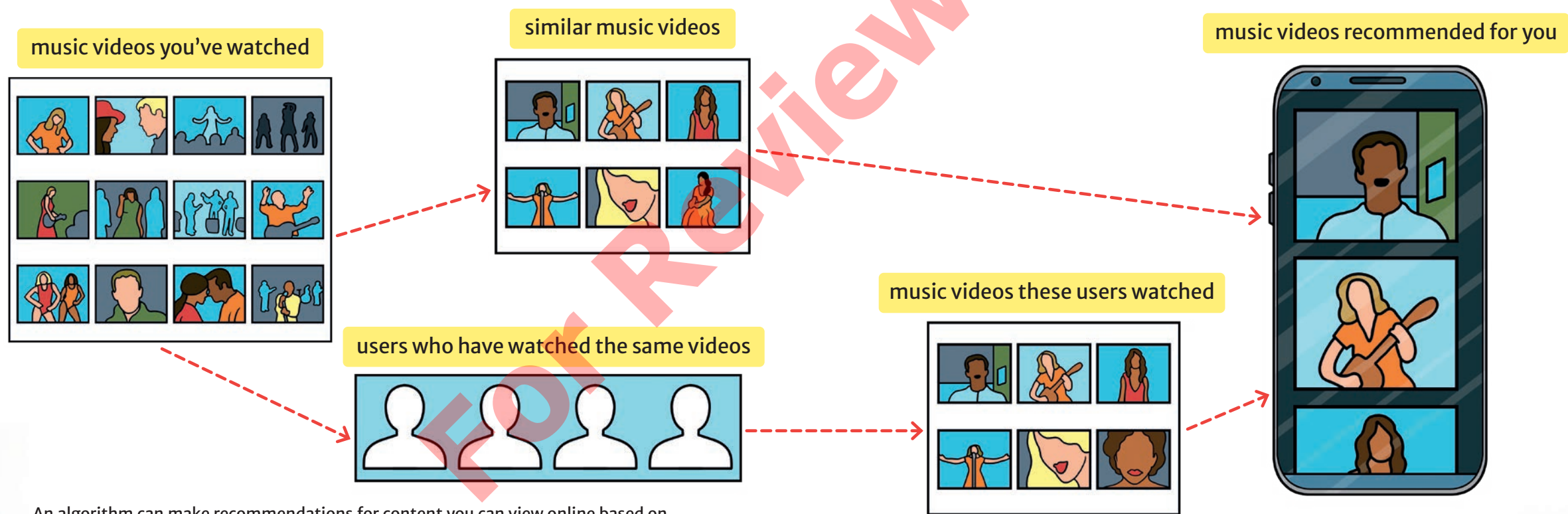
Smart Suggestions

When we read about social media, we often come across the word **algorithm**. Put simply, an algorithm is a set of digital instructions that directs a computer to do something.

Algorithms can remember how we have used a website or app in the past and use these memories to suggest things that might be of interest to us. This could include people or pages on social media platforms, or even ads for goods and services we might be interested in.

Social media platforms often use algorithms to draw our attention to particular posts based on things we have “liked” or looked at before. For example, when you watch a music video on a platform such as YouTube, an algorithm uses your choice of video to recommend similar songs you might also enjoy.

Algorithms can be helpful and can save us time, but we need to be aware that they can influence our opinions without us realising. Algorithms can also influence our choices about how we spend our time and money.



An algorithm can make recommendations for content you can view online based on what you have looked at before and what similar users have also clicked on.