

# Internet Safety

## What You'll Learn:

### What is the Internet ?

Understand what the internet is and why people use it

### Staying Safe on Social Media

Understand online boundaries and consent

### Cyberbullying

Learn how to respond if you or someone else is bullied online

### Recognizing Scams and Suspicious Messages

Learn how to spot suspicious emails, texts, and links.



**Contact: Elisa Fronczak**

Community and Inclusion  
Lead

## Program Details:

 The group runs every Tuesday Feb 24 2026 to Tuesday March 31 2026

 10:00am-12:00pm

Fee: \$120

 401 Champagne Drive,  
North York M3J 2C6  
(Training Room)

 **Register by  
email or phone**



**(416) 736-0199 ex. 322**



**efronczak@metacentre.ca**

This program is designed for individuals who can participate independently without staff or caregiver support.