OUR ONLINE SAFETY CURRICULUM

Term 1: Our online safety theme this term is 'Self-Image and Identity.' We will be exploring how our offline and online identities are shaped and how media impacts on gender, stereotypes, and our emotions. We will discuss our own identities and how people represent themselves in different ways online whether this is real or edited and how this can affect our own behaviour.

ProjectEvolve

To support this, you could try some self-esteem activities…
https://biglifejournal.com/blogs/blog/self-confidence-building-activities

9 SELF-CONFIDENCE BUILDING ACTIVITIES FOR STUDENTS

This term we will be focusing on the 'S' in our online safety SMART rules.
Talk to your child about what they understand this to represent.
What do they know?

BE SMART ONLINE

S — **SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M — **MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A — **ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R — **RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T — **TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk

BE SMART WITH A HEART Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.
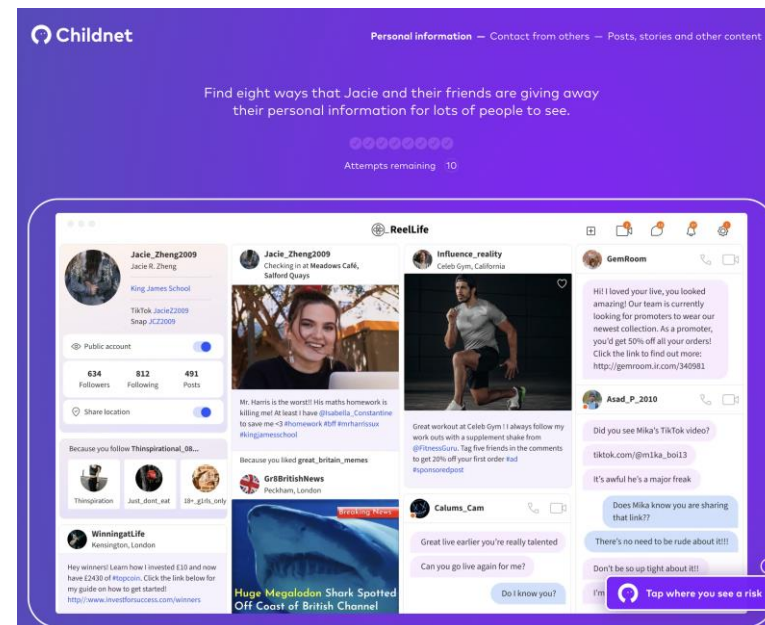
WWW.CHILDNET.COM

DIGINEWS

BBC OWN IT

Take this BBC online digital footprint quiz!
https://www.bbc.com/ownit/its-personal/digital-footprint-quiz

Childnet

If your child is 9 or above, they could have a go at this online game
https://apps.childnet.com/reellife/
'ReelLife' encourages young people to think about the posts they may share, the messages they may receive, as well as the content which they may see on social media.

What makes us unique?

Some tips about technology from NOS…