**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**.

Icon

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ProjectEvolve

**To support this, you could check out this free Ollee app…**

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| |  | | --- | | Support self-esteem and Mental Health | |

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| |  | | --- | | A cell phone with a cartoon character on the screen  Description automatically generated with low confidence | |

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| |  | | --- | | It was World Mental Health Day on 10 October. The Ollee app is a free digital friend for children – to support and facilitate discussions with families, schools and professionals around mental health, strong emotions, and personal and global worries. Please give Ollee a try and share with the families you work with. It can be used on [**Apple**](https://parentzone.us3.list-manage.com/track/click?u=bd227427019036d582c40c448&id=5f59072ae9&e=e148ad7e16), [**Android**](https://parentzone.us3.list-manage.com/track/click?u=bd227427019036d582c40c448&id=e3346f0b38&e=e148ad7e16) or on any [**browser**](https://parentzone.us3.list-manage.com/track/click?u=bd227427019036d582c40c448&id=bae877ca19&e=e148ad7e16). | |

**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?

Text

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**A person lying in bed using a phone

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**Grab a cuppa and have a listen to Vickic & Chelsea discuss screen time especially as we may spend more time indoors over the coming months:** [**https://www.youtube.com/watch?v=rkv9ZPqilio**](https://www.youtube.com/watch?v=rkv9ZPqilio)

## **A purple and white sign with a purple background Description automatically generated**

## Exciting new interactive Award-winning online security resources for 7-11 year olds.

Young people are growing up in an increasingly digital world, exposing them to both the opportunities and risks of the internet. CyberSprinters empowers them to make smart decisions about staying secure online.

The digital game can be played on phone, tablet and desktop. Parents and carers could try the CyberSprinter puzzles with their children at home!

[**https://www.ncsc.gov.uk/training/ncsc-cyber-security-for-young-people-english-scorm-v2/index.html**](https://www.ncsc.gov.uk/training/ncsc-cyber-security-for-young-people-english-scorm-v2/index.html)

**A diagram of a circular pattern with text

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**A hand pointing at a black and white sign

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**A close-up of a logo

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**Some tips about technology from NOS…**

**A poster of a cartoon character

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