

## Year 6 Lesson 5: Building Resilience

### Success Criteria:

- To be able to recognise negative influences.
- To be able to ask for help when dealing with difficult situations.

### Key Vocabulary This Lesson:

- Online safety
- Personal information
- Grooming - child criminal
  - Exploitation
  - Radicalisation
  - Gang culture



How do we stay safe online?

How do you know that you may be in danger on and offline? Are there any clear signs?

What are the risks of not knowing who you are talking to on and offline?

A poster titled 'SMART' with five columns, each representing a tip for online safety. The letters S, M, A, R, and T are large and colorful. Below each letter is a bolded title, a short paragraph of advice, and a small illustration. The 'S' column shows a boy and girl talking. The 'M' column shows two children. The 'A' column shows a computer monitor with a smiley face. The 'R' column shows a computer monitor with a sad face. The 'T' column shows a computer monitor with a sad face. A starburst graphic at the bottom right says 'Follow these SMART tips to keep yourself safe online!'. At the bottom left, it says '© Teaching 123 Ltd www.teaching123.co.uk'. At the bottom center, it says 'SMART tips based on resources from www.thinkuknow.co.uk'.

Discuss potential harm:

- Not everyone is who they say they are! Keep personal information private.
- Age restrictions are there for a reason.
- Positive and negative content online & mental health.



<https://www.teachertube.com/videos/jigsaw-8-10s-147297>

## **NEW KNOWLEDGE**

### **What is grooming?**

A nasty person who lies by using nice words to gain your trust. They will trick you into doing detrimental things and make bad choice. They can also hurt you and make you do things to hurt others or put others at risk.

### **Who can groom you?**

Someone you don't know, usually...but there is also a high risk of it being someone you **do** know. It could be someone that you play online games with.

### **DISCUSS: How do you think grooming may happen?**

Someone can groom you by.... buying you presents, complimenting you, listening to your worries...

## **NEW KNOWLEDGE**

### **Who is at risk of being groomed?**

Any child is at risk of being groomed and both genders are at potential risk.

Let us explore different types of grooming.

Examples include: gang grooming through gaming/ drugs and alcohol and child sexual exploitation.

What might they make you do? What are the consequences of becoming a part of a gang?

## Role Play

We are going to role play/hot-seat a person who is under pressure to become involved in an inappropriate activity, such as being groomed to join a gang.

**THINK** about the questions you would like to ask.

What signs should you be aware of when you are online?

What should you do to keep yourself safe?

## CEOP report online



<https://www.ceop.police.uk/safety-centre>



<https://www.childline.org.uk/>

ChildLine

OR contact police, tell your parents or a trusted adult.

## Main Activity

In pairs, create an A3 poster about **how to stay safe**.

Choose a topic: **online safety** / **peer pressure**.

Ensure your poster contains information to help others, clearly presented. You have a large space to fill, so ensure it is bright, colourful and fills the whole poster!

**Resisting Peer Pressure**

1. Look at the person.
2. Use a calm, assertive voice tone.
3. State clearly that you do not want to engage in the inappropriate behavior.
4. Suggest an alternative activity. Give a reason.
5. If the person persists, continue to say "No."
6. If the peer will not accept your "No" answer, ask him or her to leave or remove yourself from the situation.

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For more resources on Social Skills  
visit [boystownpress.org](http://boystownpress.org)

Teaching Social Skills Youth

**SMART**

- S Stay Safe**  
Don't give out your personal information to people / places you don't know.
- M Don't Meet Up**  
Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.
- A Accepting Files**  
Accepting emails, files, pictures or texts from people you don't know can cause problems.
- R Reliable?**  
Check information before you believe it. Is the person or website telling the truth?
- T Tell Someone**  
Tell an adult if something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

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## Reflection Time

Reflect on your experiences on and offline.

How can you be brave and courageous when finding help and support?