rshp

relationships, sexual health
and parenthood

Title: Safe and happy online

Level: FIRST
Code: 1.8
Links to Curriculum for Excellence
The RSHP resource learning activities provide information about Es/Os and Benchmarks associated with RSHP – the teacher/educator can make links to other curricular areas. In terms of this activity however, there are clear links to the Technologies curricular area and so the relevant Technologies E/O and Benchmarks are also identified.

Experiences and outcomes	Benchmarks
I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 1-44a I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 1-44 I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. HWB 1-45b	*These Experiences and Outcomes sit within HWB Responsibility of All and span across all five levels to recognise the nature of development and learning in HWB. There are no Benchmarks for these Experiences and Outcomes*

Experiences and outcomes	Benchmarks
I can extend my knowledge of how to use digital technology to communicate with others and I am aware of ways to keep safe and secure. (TCH 1-03a)	• Demonstrates understanding of my rights and responsibilities as a digital citizen. • Demonstrates understanding of the potential dangers online and who to go to for advice and who to report a concern to. • Demonstrates an understanding for the need for strong passwords. • Explains the need to get a person's permission before taking a picture or video of them.

Learning Intentions
- Children see the internet as a positive place that is fun and helps them learn.
- Children reflect on their online behaviours.
- Children identify potential dangers in online environments.
- Children learn help-seeking behaviours.

Success Criteria
- Children discuss their online lives.
- Children understand that their online presence requires them to have strategies for safe use.
- Children can identify adults they trust and who can help when they have a worry.

rshp
Relationships, sexual health
and parenthood education

TASC

www.rshp.scot
admin@rshp.scot

Supported by a partnership of NHS Boards, Local Authorities, Education Scotland, Scottish Government and Third Sector agencies.

Resources to support this activity
- PowerPoint/Slides
- CEOP film Lee and Kim https://youtu.be/-nMUbHuffO8 (duration 8 minutes 35)
- Safe and Happy Online poster starter prop

Activity
1. Gather the children together and introduce your topic: being safe and happy on line. Ask the children to talk with their shoulder partner on a series of questions, the first question is: **What do we do online? What games or apps or websites do we visit?** Get some feedback about the places children go online, perhaps record them on the smartboard. Children are likely to mention YouTube and so find out what they watch.
2. Then ask the children (first with their partner then feeding back - they could put hands up, count and note on the smartboard): *How do we get online?* **Who uses: A phone? A tablet/iPad? A laptop? A computer**?

3. Then explore (partner then feedback): **What do you do online? Do you?**
   - Chat? Send messages?
   - Play games?
   - Find out interesting things for hobbies or for school work?
   - Take photos? Send photos to people?

4. Acknowledge all the fun things and different places and ways to connect with entertainment and games and other people. Then ask the children: **Do you have any rules that you follow online?** As they contribute find out: Who taught you this rule? Why do they think they are important? If not mentioned, ask the children if there should be any rules about online/screen time? What you tell someone about you? Or about taking someone's photo? Or sharing photos online?

5. **CEOP film Lee and Kim https://youtu.be/-nMUbHuffO8** (duration 8 minutes 35 - the song starts at 7 minutes if you want to watch again! A lyric sheet is provided with this activity) Watch the film and discuss children's immediate reactions and explore any questions. Then share the slides and together, remember and discuss SIDs top tips (number 4 has been added too in relation to phots/images, it can be considered as extending the 'private information' message).
   Top tips
   1. People you don't know are strangers. When you are online or playing a game people are not always who they say they are.
   2. Be nice to people. Be as nice as you would be if you were in school or playing together.
   3. Keep your personal information private. Don't tell people online where you live or the school you go to. Never take a photo of you and send it to a stranger, even if they ask. Photos are also private.
   4. If you ever get that feeling in your body that tells you something isn't right, maybe you feel a bit worried, then tell an adult you trust.

6. **Safe and Happy Online posters**: Ask the children to create a poster that helps other children learn about how to be safe and happy online. Explain that the poster can have images of their favourite characters or apps or websites on it. They should have some messages for children on it to help

them remember to be safe and happy online. (This would have added interest if the children could be told they will share their posters with a younger class in school so they can learn from them).

7. **To end**, remind the children of two important messages:
   - It's great to watch things, play games and have fun online.
   - If you feel upset about anything you have seen or if someone says something which makes you feel bad or worried inside – then tell a grown up at home or at school. (Ask the children just to take a moment and quietly think of a person or two that they could go to if they were worried or upset).

Additional ideas
- In the course of the week that follows give all children the opportunity to check out and play on the Thinkuknow website for 5 to 7 year olds: https://www.thinkuknow.co.uk/5_7/ and at the end of the week ask for feedback on what they did and what they liked – and remind them to show someone at home.

Connecting with home
The following could be the basis of an email/message home to parents/carers about this learning activity:

This week we are learning about how much fun and how creative we can be online. We are also learning about how to stay safe online. The important messages that children will learn are:
1. People you don't know are strangers. When you are online or playing a game people are not always who they say they are.
2. When you are online, be nice to people. Be as nice as you would be if you were in school or playing together.
3. Keep your personal information private. Don't tell people online where you live or the school you go to. Never take a photo of you and send it to a stranger, even if they ask. Photos are also private.
4. If you ever get that feeling in your body that tells you something isn't right, maybe you feel a bit worried, then tell an adult you trust.

The children will be watching this film, they might like to see it again with you: **CEOP film 'Lee and Kim'** **https://youtu.be/-nMUbHuffO8** (duration 8 minutes 35)

As a parent/carer here are sources of good information on this topic:
- Thinkuknow has a page for 5 to 7 year olds with games and activities to help children learn to be safe and happy online, you might want to look with your child: https://www.thinkuknow.co.uk/5_7/
- Internetmatters.org provides information for parents and carers here: https://www.internetmatters.org/advice/6-10/ This short film explains how to keep your child safe: https://youtu.be/sz4EyUMUTro
- This Canadian site also offers specific tips for parents of 5 to 7 year olds about helping your child be safe online http://mediasmarts.ca/tipsheet/internet-safety-tips-age-5-7

Practitioner Notes

www.rshp.scot
admin@rshp.scot

Supported by a partnership of NHS Boards, Local Authorities,
Education Scotland, Scottish Government and Third Sector agencies.