



**Title: Safe and happy online**

**Level: FIRST**

**Links to Curriculum for Excellence**

The RSHP learning activities on the national resource provide information about E’s/O’s and Benchmarks associated with RSHP – leaving it to the teacher/educator to 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.

<b>RSHP Experiences and outcomes</b>	<b>Benchmarks</b>
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	<i>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</i>

<b>Technologies: Es/Os</b>	<b>Benchmarks</b>
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)	<ul style="list-style-type: none"> <li>• Demonstrates understanding of the potential dangers online and who to go to for advice and who to report a concern to.</li> <li>• Demonstrates an understanding of the need for strong passwords.</li> <li>• Explains the need to get a person’s permission before taking a picture or video of them.</li> </ul>

**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**

- I can discuss my online life.
- I understand that my online presence requires me to have strategies for safe use.
- I can identify adults that I trust and who can help when I have a worry or a question.

**Resources to support this activity.**

- PowerPoint/Slides
- Childnet animations [The Adventures of Kara, Winston and the SMART Crew | Childnet](#)
- Materials for children to create a Safe and Happy Online poster.

*Whenever you use content on a platform like YouTube, please cue the film you intend to play in advance, check it is the film you want to view, and skip adverts.*

## Activity

This Activity Plan is made up of 3 parts that can be delivered over the course of a few days/in one week.

- Part 1 gets the conversation started about what the children do online.
- Part 2 is a series of films produced by Childnet called *The Adventures of Kara and Winston and the SMART Crew*. There are 5 films, each with a different focus on an aspect of online safety.
- Part 3 gives children the chance to reflect on what they have learned and create their own posters with key online safety messages.

**NOTE:** The children may share that they are using apps or accessing games that they should not be because they are too young. Families can have a different views as to the importance or use of age verification or age-appropriate certification. It is important that children take part fully in the learning and don't feel they will be reprimanded for what they use/access. Of course, if there are child protection or wellbeing concerns about what a child is accessing then normal policy and practice on those concerns should be followed.

### Part 1

1. Gather the children together and introduce your topic: being safe and happy online. Ask the children to talk to a partner on a series of questions, the first question is: **What do you do online? What games or apps or websites do we visit?** Get some feedback.
2. Then ask the children - first with a partner, then feeding back (they could put hands up, count and note on the smartboard how many uses each): **How do we get online? Who uses: A phone? A tablet/iPad? A laptop? A computer? A game console?**
3. Then explore (with a partner then feedback, find out more detail in conversation, again you could vote/count): **What do you do online? Do you?**
  - Chat? Send messages?
  - Play games?
  - Watch things on YouTube?
  - Watch things on TikTok?
  - Create things?
  - Find out interesting things for hobbies or for schoolwork?
  - 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 share or tell someone about you when you are...? Or about taking someone's photo? Or sharing photos online?
5. Tell the children that in the next couple of days you will be watching a series of animations that will help them to think about being online. You could start with the first film here if you like.

## Part 2: Short films to watch over 2/3 days.

6. There are 5 films that feature Kara and Winston and the SMART Crew. You should watch them in order and have some time after each for a chat about what the children think of the film and the key messages it shares. All the films are here, scroll down and watch each: [The Adventures of Kara, Winston and the SMART Crew | Childnet](#)

They are:

Chapter 1: What should you accept?

Chapter 2: What is reliable?

Chapter 3: What should you keep safe?

Chapter 4: Who should you tell?

Chapter 5: Be careful when meeting up.

## Part 3: After viewing the films.

7. Share the image of Kara and Winston on the slide and ask the children to remember some of the things they have heard in the films. What did they like? Anything new? Any questions they are left with?

8. Then share the next series of slides. Check understanding as you go.

### **What have we learned from Kara and Winston? 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. 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. Never share a photo of another person like a friend or sister or brother. Photos are also private.
  3. If someone says or does something that upsets you, tell an adult you trust.
  4. Don't arrange to meet someone you only know online. If you are thinking about this, tell an adult you trust.
  5. 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.
9. **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 teach them.
10. **To end,** review the top tips again if that is helpful. Or focus on the key message in the final slide:

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, tell a grown up at home or at school.

As you do, 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. Remind the children they can speak to you.

*The following could be the basis of a message home to parents/carers about this learning activity:*

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. 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. Never share a photo of another person like a friend or sister or brother. Photos are also private.
3. If someone says or does something that upsets you, tell an adult you trust.
4. Don't arrange to meet someone you only know online. If you are thinking about this, tell an adult you trust.
5. 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 these animations [The Adventures of Kara, Winston and the SMART Crew | Childnet](#) You could watch them together.

As a parent/carer here are sources of good information on this topic:

- 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. E Safety Tips for Parents from Internet Matters <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