

<p>Year Five Lesson 4 Lesson length: 60 minutes</p>	<p>Unit title: Keeping relationships healthy and safe Lesson title: Online safety in the wider world</p> <div style="text-align: right; border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> Year 5 </div>	
<p>Learning Objectives</p> <p>To recognise that online relationships can be positive and negative</p> <p>To know how to stay safe and who to report concerns to</p>	<p>Suggested Activities</p> <p>Begin the lesson by discussing what an online community is.</p> <p>How is an online community built and how do people stay in touch (discuss the range of devices used by people)</p> <ul style="list-style-type: none"> • Why is online communication so popular? • What are the benefits of online communication? • What are the pitfalls? (discuss excessive time on devices) • What are some of the way that people communicate on-line? <p>Go onto discuss whether virtual relationships are as valuable as face to face relationships.</p>	
<p>Relationships and Health Education</p> <p>Learning Outcomes</p> <p>Internet safety and harms</p> <ul style="list-style-type: none"> • that for most people the internet is an integral part of life and has many benefits • where to get advice, for example family, school or other sources • how to report concerns or abuse, and the vocabulary and confidence needed to do so • about the benefits of rationing time spent on online, the risk of excessive time spent on electronic devices and the impact of positive and negative content on their own and others' mental and physical wellbeing • why social media, some computer games and online gaming, e.g. age- restrictions • that the internet can be a negative place where online abuse, trolling, bullying and harassment can take place, which have a negative impact on mental health • where and how to report concerns and get support with online issues <p>Being safe</p> <ul style="list-style-type: none"> • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • how to recognise and report feelings of being unsafe or feeling bad about any adult • how to ask for advice or help for themselves or others, and to keep trying until they are heard <p>Mental wellbeing</p> <ul style="list-style-type: none"> • bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing 	<p>Activity In groups ask children to answer the following questions</p> <ul style="list-style-type: none"> • What makes face to face contact different to a virtual relationship? • Does text express the emotion/ intent of the communication? • Is non- verbal communication important? • How does a person know who they are communicating with? <p>Come back as a class and take feedback. Ensure that children know the age restrictions for the different sites.</p> <p>Activity Changes in online relationships Discuss how relationships can change negatively online just like physical relationships.</p> <p>When a relationship breaks down how might this be communicated? Introduce the term cyber bullying – ask children to think about the ways this may occur.</p> <p>Does face to face bullying and cyber bullying have the same impact Or is cyberbullying more harmful?</p> <p>Activity Is cyber bullying real bullying? Ask groups to consider the statement - Cyber bullying is more harmful than face to face bullying –see below Place (agree/ disagree/ unsure heading cards) at different points in the classroom- ask children to consider the statement and move to the heading that they agree with- once positioned ask children to share why they are in that position. Watch video – Create no Hate https://youtu.be/MV5v0m6pEMs</p> <p>Activity Discuss the impact of the words on the victim Expand the discussion to how to stay safe from negative online behaviours</p> <ul style="list-style-type: none"> • Trolling • Isolation from group chats (WhatsApp/Facebook/Instagram) • Negative name calling – (racism, homophobia) • On line grooming - Child Sexual Exploitation, Radicalisation, Child criminal exploitation <p>Debrief You may want to signpost pupils to: https://www.childline.org.uk/info-advice/bullying-abuse-safety/ Highlight that cyberbully can be more damaging because of the accessibility to the victim is 24 hours.</p>	
<p>Unicef Articles Article: 3, 5, 8, 12, 13, 14, 15, 16, 17, 18, 19, 31, 34</p>	<p>Resources Headings cards Video clip-Create no hate</p>	<p>Key vocabulary Trolling Bullying Harassment Search engine</p>

"Cyber bullying is more harmful than
face to face bullying"

AGREE

DISAGREE

UNSURE

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Building resilience handout

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Mental Health

- What is positive mental health?
- What does it look like?
- Is there negative mental health if so what are the signs?

Emotional Health

- What are emotions?
- What is emotional well-being?
- How do we show emotional wellbeing in our day to day life?

Physical Health

- What does it mean to be physically healthy?
- Are there different things that contribute to good physical health?
- How might physical health impact your mental health?

Mental Health	Emotional Health	Physical Health
1	1	1
2	2	2
3	3	3
Is there a connection between positive health and being resilient?		

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Body outline

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