

Staying Safe Online

LEARNING OUTCOMES

Knowledge, Skills
& Actions



I can explain what a gut feeling is and how it links to my intuition

I can identify a range of risks associated with being online

I know how to reduce the potential risks when I am online, and where to go to seek further help and support



STARTER ACTIVITY

What does 'don't talk to strangers' mean?
How might this 'rule' change when we communicate with people online?
What are the key messages from the One Direction - Parody Online Safety Song?



3 Minutes

NEW VOCABULARY

Intuition, Instincts, Grooming,
Online Predators, Identity Theft, Cyberbullying



What is a gut feeling?
Have you ever had this
feeling?

Trust
your
gut.



Trust
your
intuition

What is a gut feeling?

Your gut feeling could also be known as your intuition or instincts about a situation.

It is the feeling you get about whether something is right or wrong, and it may be warning you of risks or dangers about to happen.

You may already have good natural intuition or you can develop it through learning and experience.



CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION

CAUTION • CAUTION • CAUTION • CAUTION • CAUTION • CAUTION • CAUTION

Task

What online situations might give you a "gut feeling" telling you that you may be at risk?

Connecting Online

The internet gives students a wide range of opportunities to connect with, or learn from people who may not be in their circle of close friends.

Examples of these could be through games, social network sites, blogs and forums,

Whilst this can be great, connecting with people online can occasionally carry risks.

Task

What are the risks when connecting with others online?

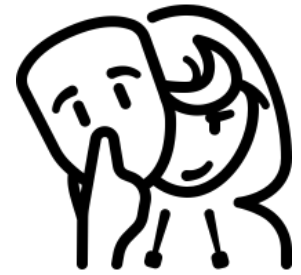
How can we reduce these risks?

EXTENSION

Discuss some of the positive and negative things about connecting with people online.



Can You Trust Every Online Friend?

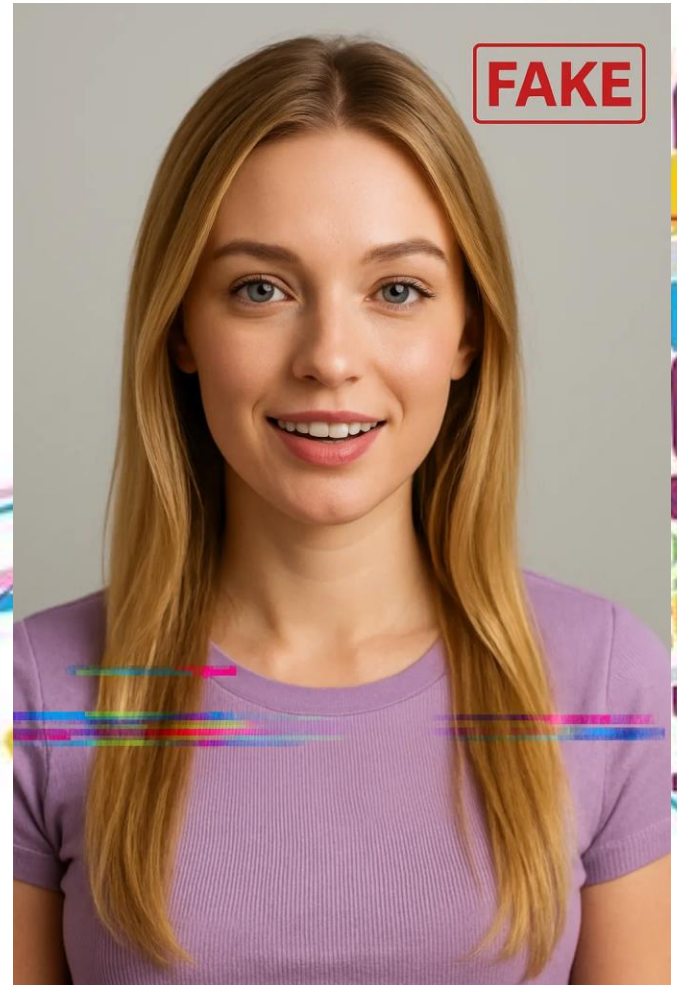


Some online accounts may be:

- real people
- fake people
- AI chatbots

Would you always know the difference? How could you tell?

Not everybody online is who they claim to be. Some accounts may be controlled by **AI**.



Online Risks From Others

Other online users could pose several risks which people need to be aware of in order to navigate the internet safely:

Cyberbullying: Being targeted by cyberbullies who harass, humiliate, or threaten online.

Online predators: Children can be vulnerable to online predators who use the internet to groom, lure, or exploit them.

Privacy and identity theft: Unintentionally sharing personal information online, which can put you at risk of identity theft or other types of fraud.

Did you know?

You should be cautious about the information you share online, use strong and unique passwords, and report any suspicious or harmful behaviour to the appropriate authorities.



If you develop a friendship with someone online, be sure to ask yourself:

- Has this person asked me to keep any information secret from others?
- Has this person flirted with me, or asked me about anything sexual?
- Has this person asked me about anything private?
- Do I feel pressured by this person to do anything?
- What is my gut feeling telling me about this person?
- Could this account be a chatbot rather than a real person?

Hey what's
your name?
What school
do you go
to?

I want to
see a
picture of
you.

Don't tell
anyone that
we are
friends, I'm
too shy.

I like you,
we should
meet up!

Assess the risk in each scenario, explain how to reduce the risk, and what you should do in each circumstance

An online friend wants to meet up at the local park to hang out



You are invited into a new tribe/team for the latest online game



An online gaming friend keeps asking you questions to get to know you better



A friend is asking you to send some 'cheeky' photos of you in your pyjamas



A stranger sends you a message out of the blue saying they want to make new friends



An online friend evades your questions, but wants to know more about you



Task

Green (No Risk):

Amber (Safety maybe at risk)

Red (Safety is at risk)

Friendships & Online Relationships

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand the different
types of friendships that
exist

To understand what an
unhealthy relationship
might look like

To explore what being a
true friend to someone
really entails

NEW VOCABULARY

Online Friends, Self-
Disclosure, Phubbing, Online
Friends, Malicious, Exploited



STARTER ACTIVITY

What does it mean to be a good friend?

What support can an offline friend give you that an online
friend can't?



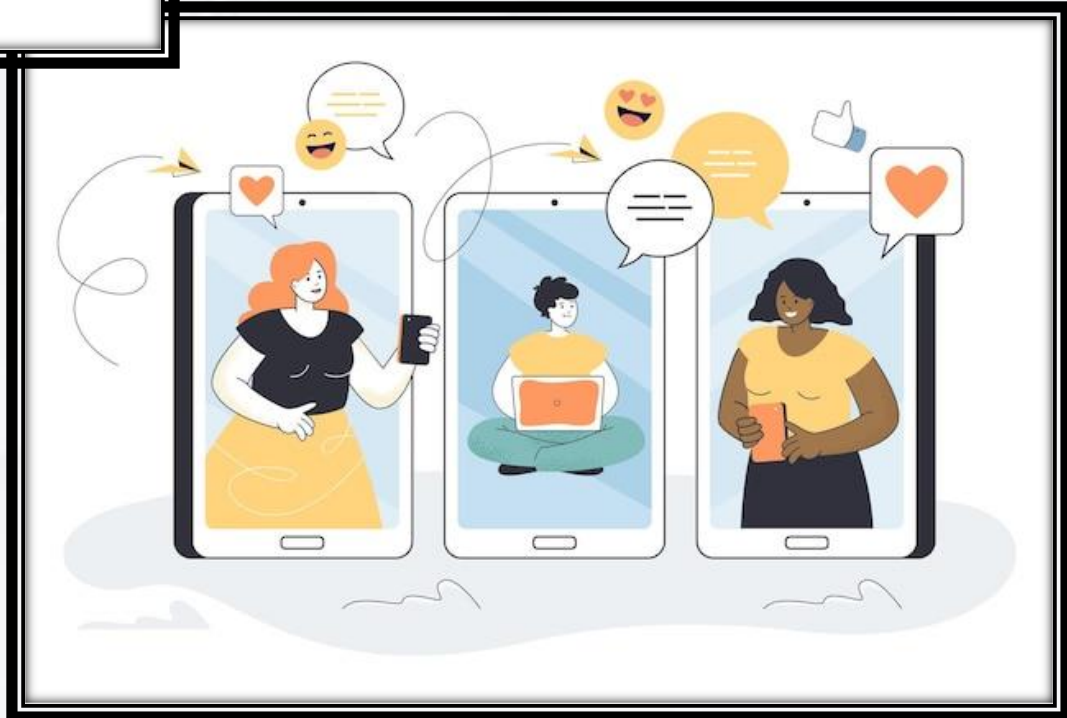
3 Minutes



Task

How do you manage all of your friendships?
Which do you prefer?

- a) Chatting to friends online
- b) Hanging out with friends in real life





being
online



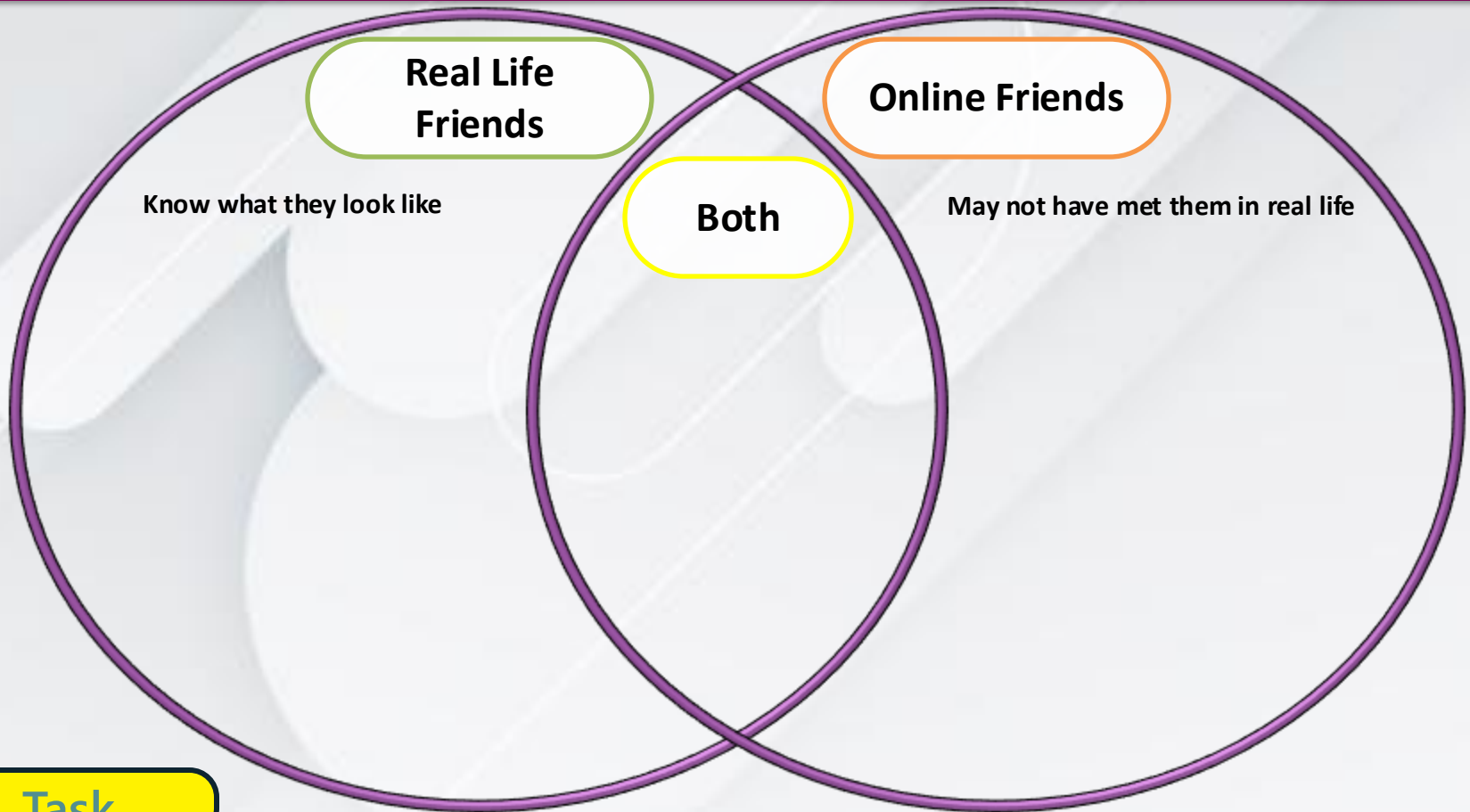
Task

1. Why do young people place so much value on online relationships?
2. Can online relationships really make us happy?
3. Is everyone online who says they are your friend really your friend?

Keyword:

Online Friends: acquaintances, or people you have a friendship with online only through social media

Phubbing: "phone snubbing", or paying more attention to your phone than to the real people you're with



Task

Complete the Venn diagram considering the following:

What words do you associate with them?

How well do you know them?

How do you make these kinds of friends?

What do you have in common?

EXTENSION

What are the differences between the two?

Is it okay to have more friends online than in real life?



Discussion topics



Why should you never reveal personal information online?

Can you trust someone you only know online?

Is everyone online who they say they are?

How can online conversations be used against someone in real life?

Why should you not accept every friend request you receive?

Make up a discussion topic

Online Relationships

Demanding access to your online account details for social media platforms and banks

Someone who makes you feel upset

You are being blamed for the other person's negative or abusive behaviour

Unhealthy online relationship



The person is making you keep the friendship a secret from others

You feel uncomfortable about some of the discussion topics in your chats

You feel they are trying to control parts of your life

You are constantly being checked up on

You are being sent, or being forced to send sexual images of yourself