

Resources: Appendix 1, 2 and 3 Glue	Objectives: <ul style="list-style-type: none"> • Understand that being safe online involves safe choices, taking care of our wellbeing, using safety tools and getting help from safe adults. • Consider how taking multiple steps can help keep them safer online than taking just one step. • Know where to go for help and support if they see something online that worries, upsets or confuses them.
Timings:	Activities:
<p>5 mins</p>	<p>Starter – ‘What’s your Favourite?’</p> <ul style="list-style-type: none"> • Begin by asking the young people to share with their partner the following in quick fire: <ul style="list-style-type: none"> ○ Favourite game to play online and why ○ Favourite app to go on and why ○ Favourite videos to watch and why • Ask 1-2 young people to share their favourites and explain that we all enjoy doing different things online but we have one thing in common – we all want to be safe whilst we’re doing the things we enjoy.
<p>10 mins</p>	<p>Main Discussion – ‘Safe vs Unsafe’</p> <ul style="list-style-type: none"> • Explain that now they are going to think about what being safe online means to them. • Use the following questions to have a class discussion about being safe online vs unsafe: <ul style="list-style-type: none"> ○ What does being safe online mean to you? ○ What does being safe online feel like to you? (Examples may include calm, steady, relaxed, happy) ○ What does not being safe online feel like to you? (Examples may include knot in stomach, fast heart, unsure, worried) ○ What helps you to feel safe online when you are playing your favourite games or watching videos? • Remind everyone that noticing how being online makes them feel is a simple way to spot when they might need help from a safe and trusted adult like a parent or teacher.

Timings:	Activities:
15 mins	<p>Activity – ‘Online safety shields’</p> <ul style="list-style-type: none"> • Explain to the class that today they are going to be working together to solve clues and earn online safety shields. These are all shields which can help keep them safe when they are online and there are 6 to collect. • Hand out one shield template per child from appendix 3 for them to collect their shields and make sure there is glue available. • Run through the clues in appendix 1 allowing time for them to discuss and guess before revealing the answer and handing out the individual shields in appendix 2 to add to their shield template. • Once they have earned all the shields ask them if any surprised them, if they feel any are missing and what tips they would give to help someone remember their shields.
10 mins (optional)	<ul style="list-style-type: none"> • If time allows, then let the class decorate their individual shield templates ready to take home and display somewhere in their bedroom or on their fridge. • This could also be sent as part of a homework to discuss their shields with their families, exploring how they will keep them safe online.
5 mins	<p>Plenary – ‘Who Can Help?’</p> <ul style="list-style-type: none"> • Reflect as a class that today they collected shields, but the real power is remembering to use them to stay safe every time they go online. • Remind the class that it doesn’t matter if they click on something, search for it, watch it or share it, if it’s worrying them then talk to a safe adult. • Remind them to talk to a parent, teacher or helpline like Childline (0800 11 11) if they are ever worried about anything online.

Signposting to support

- **NSPCC Childline – 0800 1111** – free, confidential support for young people under 19, available 24/7
- **SHOUT – text ‘MRF’ to 85258** – free, confidential crisis text line for anyone, any age available 24/7
- **NSPCC Helpline – 0808 800 5000** or help@nspcc.org.uk - free, confidential support for anyone who is worried about the safety and wellbeing of a child

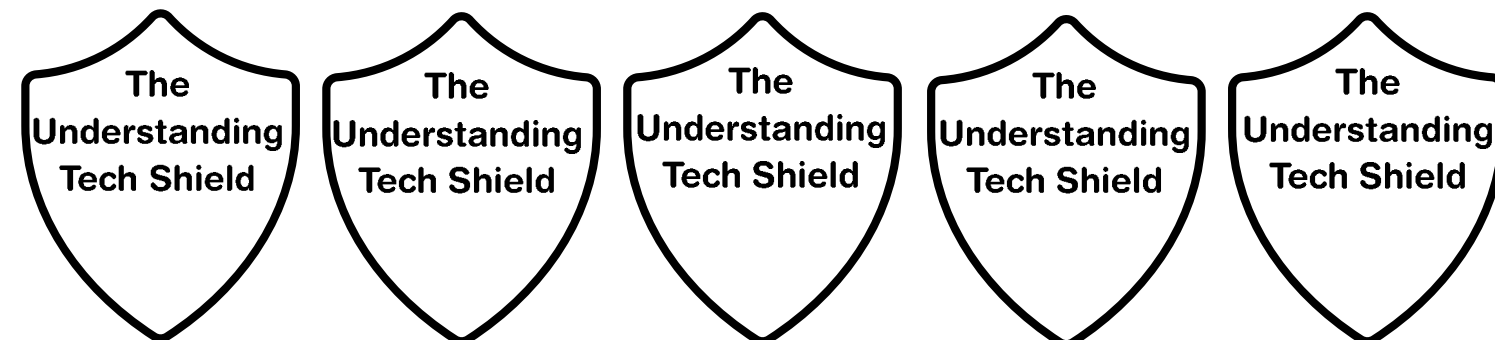
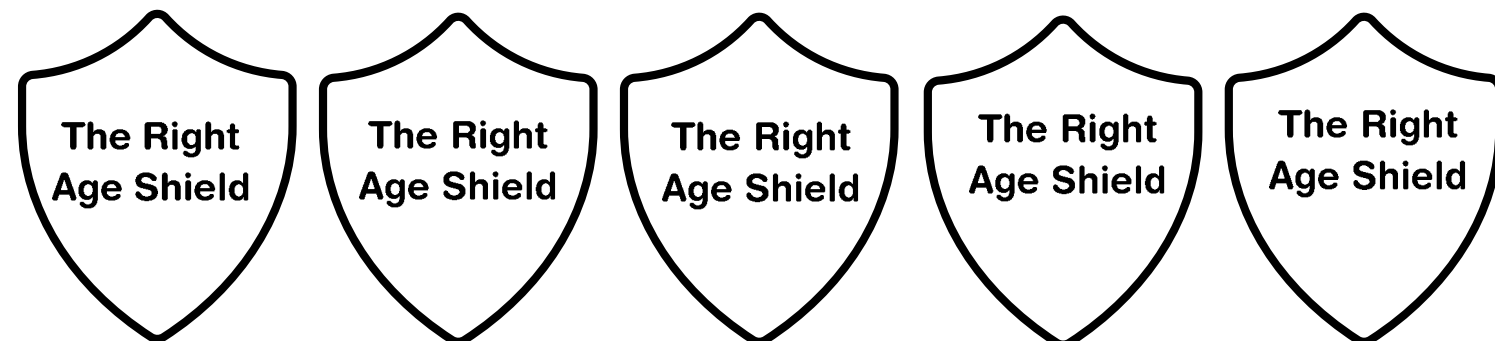
Teach next...

- If you haven’t already completed our lessons on ‘Understanding Algorithms’ and ‘Digital Wellbeing’ we would recommend using those next.

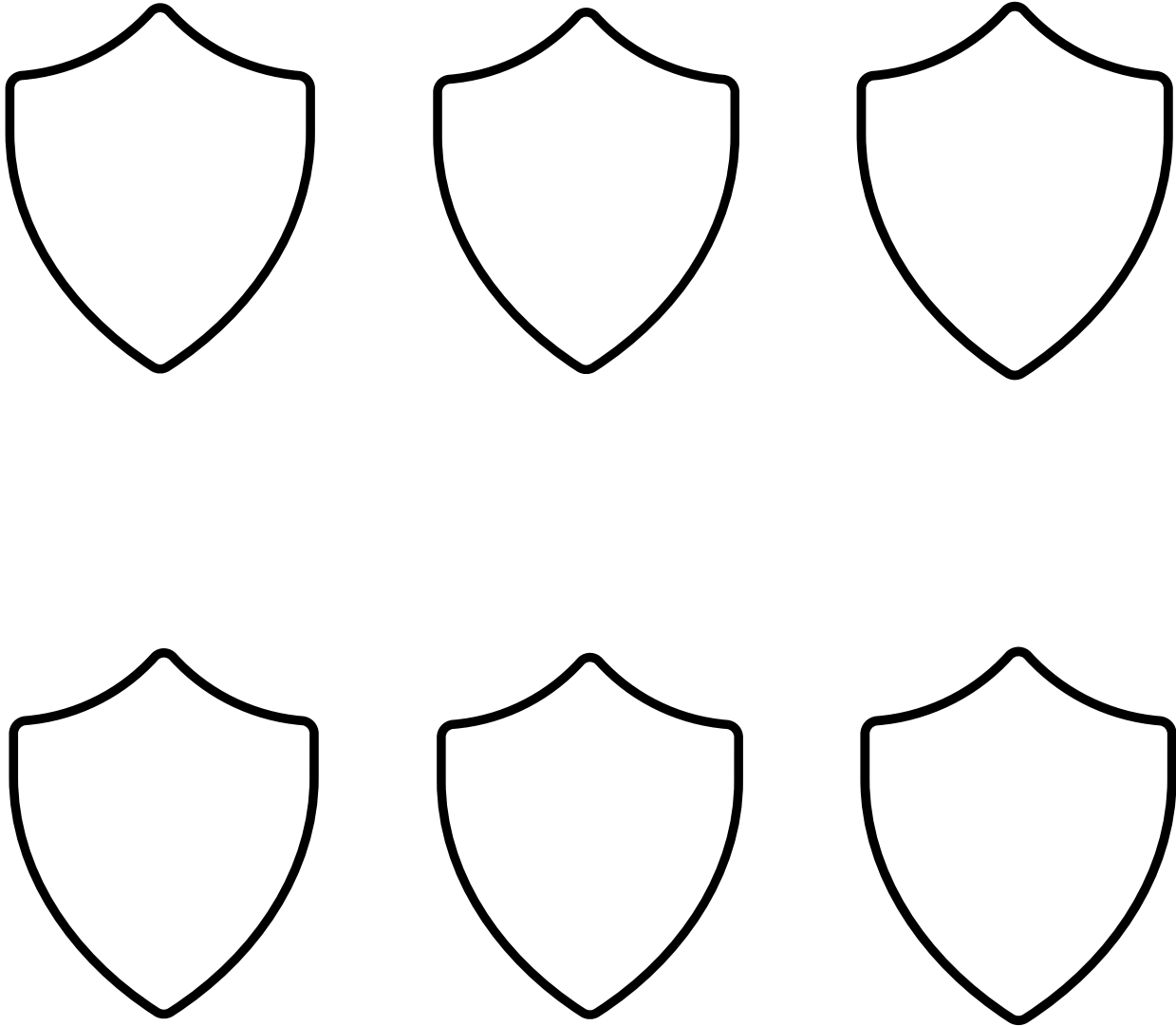
Appendix 1

Clues	Answer	Introduce the idea that...
'I help you to stop mean messages, block harmful posts and make sure only your friends can connect to you.'	'The Safety Settings Shield'	Safety settings help keep you safe but it's important to check the right ones are turned on. Talk to your parents and check together the settings on your favourite apps, games and devices to make sure all yours are turned on.
'I help you to play games and use apps which are safe and right for your age so you don't experience things which might worry, upset or confuse you online.'	'The Safe Choices Shield'	It's important to use apps and games which are for your age. Check age ratings together with your parents and find games and apps which will be safest for you.
'I help you to take breaks, balance your online and offline activities and make sure going online is about having fun, learning something new and connecting with your friends.'	'The Wellbeing Shield'	You can turn on wellbeing settings on your apps to help you take breaks. It's also good to agree steps you can take with your family to help you all manage how long you spend online.
'I help you if anything goes wrong online (and offline) or if something happens that makes you feel worried, upset or confused.'	'The Safe Adult Shield'	Safe adults are people who want to keep you safe. These could include your parents, grandparents, teachers and helplines like Childline. They will always help you if something is wrong.
'Some apps and games ask for me before you can join. Only certain ones will let you join, enter one which is not allowed and you won't be able to join.'	'The Right Age Shield'	Entering your right age when you sign up to a new app or games means you will have the right safety settings in place for your age. Using an age that is older might mean you see things which you don't want to.
'I help you to understand how things work and help you spot when your favourite app or game might be suggesting something unsafe so you can make safe choices when online.'	'The Understanding Tech Shield'	Understanding how technology works can help keep us safe. If we can spot when the app or game might be suggesting something to use that isn't safe for us then we can report it and tell a safe adult.

Appendix 2



ONLINE SAFETY SHIELDS



These shields help keep the online world safe for _____.