Theme: Digital Citizenship

Duration: 5.5 hours

Rationale: To build children's knowledge and understanding of online safety and behaviour: how this relates to keeping us mentally healthy and how we should treat others online

Supporting Scheme: National Online Safety, Internet Matters, We are Future

Responsibility – Takes responsibility and asks for help where needed.	Understands feelings – Discusses feelings and recognises impact.	Equality – Shows respect for others.	Managing feelings – Knows how to not negatively impact on relationships.

	Vocabulary	Knowledge	Resources	Enrichment	Reading
EYFS	· online · kind/ kindness · unkind · devices · trusted adult · worried · sad · scared · confused · speak out	**• That we should always be kind to others when we are online, just as Jesus teaches us to do offline** **• That if I ever feel worried, sad, scared or confused about anything that happens online, I should tell a trusted adult** - Remind children that when we play games on devices, watch YouTube and use the internet that they are 'online' - They will know that people from all over the world have access to the same apps and can watch the same videos as us (world wide web) - Children know that the internet and being online is fun and enjoyable (and can share their own experiences) - That when we use games and videos online we must treat others with kindness - That we should not say unkind things to others online - That being unkind to someone online can be a form of bullying - That if you say something unkind online it will upset that person, even if you can't see them. - That sometimes other people online can say unkind things and that if we see or hear things online that might make us feel worried, sad, scared or confused, we should tell a trusted adult - They will know that if this happens, they should tell a trusted adult			

		- That our trusted adults will help us to stay safe and happy online just like they do in the real world			
Year 1 and Year 2	· online · offline · digital kindness · respect · balance · Screen time · activities · positivity · emojis · liking · messages · comments · trusted adult · artificial light	**• That I should show 'digital kindness' and respect to others when online, just as Jesus teaches us to do when we are offline** **• That a balance of screen time is important and that there are other offline activities that I can do** **• That if I ever feel worried, sad, scared or confused about anything that happens online, I should tell a trusted adult** - When we are online, we must be kind to others – in what we say or write - Digital kindness is treating others as we would want to be treated online - We can show respect to others online by also thinking about how we would want to be treated by someone else - That we can pass on positivity by saying kind things and making kind comments – you could do this by 'liking' things, positive emojis and writing kind and positive messages or comments for others to read - That we should be there for our friends if they experience someone being unkind to them or saying unkind thigs online. If this happens, you should help your friend by telling a trusted adult - That there are a lot of great ways to use the internet – games, research, reading, messaging, videos - That we should have a healthy balance of screen time - That spending too long on a device or looking at a screen is damaging to our health - That a balance of screen time helps to keep our mind and body healthy and happy - That spending too much time online can mean we miss spending time with friends and family, which might result in feeling lonely of sad - That looking at screens (artificial light) too close to bedtime (at least 1 hour before) can stop you falling asleep - That it is important for us to recognise the way we feel when we have too much screen time so we can make the right choice to stop. You may feel tired, angry, sad. It could even make you have a headache or strain your eyes	NetSafe Episode 4: Be Kind Online (Grades K-3) - YouTube Media Balance Is Important - YouTube		

		- That there are lots of other activities that we could do instead of being online: read books, play with toys, art or craft, go outside, sports, dance, sing, listen to music, sit quietly, jigsaws etc			

Year 3 and Year 4	· online
	· abuse
	· vulnerable
	· empathy
	· respect
	· responsible
	·communicating
	· positivity
		• That I should show empathy and respect towards others to ensure that I am being kind online, just as Jesus teaches us to do when we are offline
		• That if I ever feel worried, sad, scared or confused about anything that happens online, I should tell a trusted adult
		
		- Online abuse can have a severe impact on people's lives
		- Often the most vulnerable are targeted
		- We need to show empathy to others when we are online to ensure that we are being kind and treating them as we would wish to be treated
		- This is sometimes difficult because we cannot see the person and connect with them face to face
		- The top tips below will help you to treat others with respect and care when gaming and sending messages or commenting e.g. chats within games, YouTube:
		  1. Understand what empathy is – empathy is the skill of recognising another person's feelings and putting yourself in their shoes
		  2. Try to add value – when communicating online, think about what positivity you could spread with what you write/ post
		  3. Understand the impact of your actions and words – commenting online sometimes means that we don't actually 'see' the impact of our comments and words. Remember that unkind words do have a negative impact whether you see it or not.
		  4. Feel, see and understand – you do not have to agree with what another person is saying online but try to understand how they feel (empathy). Try to create a mental picture of that person sat at home.
		  5. Offer help – when you can see one of your friends online is upset or angry, offer some help. This could be a kind message to check they are OK or offering them a friend to listen to
			All About Empathy (for kids!) - YouTube
			
			How to be a Responsible Digital Citizen? - YouTube		

		6. Be responsible – THINK TWICE before you act. Don't write anything if you think it might cause any upset or maybe offensive to others 7. Do not do something just because lots of other people are – when you see lots of negative or unkind comments being written online, do not join in just because lots of others are. ALWAYS BE KIND and treat others as you would want to be treated REMEMBER – always tell a trusted adult if you or a friend feels sad, unsafe or receives any unkind messages or comments online. If you can, take a screenshot of the message for evidence.			
Year 5 and Year 6	· online	**• That I should be a responsible digital citizen by show empathy and respect towards others when online, just as Jesus teaches us to do when we are offline** **• That 'hate speech' online is unkind and a form of 'online bullying'** **• That I have a digital footprint** **• That if I ever feel worried, sad, scared or confused about anything that happens online, I should tell a trusted adult** - Getting a phone (being responsible) - Mixture of emotions – Joy for the child and worry for the parent (empathy) - There are so many things that you can do with a phone (online and offline); it can make your online life positive and fun (if you are being a respectful and responsible digital citizen) - Online abuse can have a severe impact on people's lives - Often the most vulnerable are targeted - We need to show empathy to others when we are online to ensure that we are being kind and treating them as we would wish to be treated - This is sometimes difficult because we cannot see the person and connect with them face to face - Sharing unkind things online or writing messages/ comments can have a negative impact on others	[How to be a Responsible Digital Citizen? - YouTube](#)		

		- As soon as something is posted online or shared, it can be re-shared by anyone – potentially go viral. This also means it can rarely be deleted or removed - Even time limited photos/ messages (Snapchat) can be screenshot and shared - Before posting (always think responsibly): Is it appropriate? Is it offensive? Do I have permission from the person in the post/ who it is about? - Banter – is not OK. It could be interpreted as cyber bullying. This may include posting embarrassing photos - Empathy – think about how someone might feel when they read your post - Hate speech - When someone writes/ says something that intends to hurt or offend someone because of one of their protected characteristics: gender, race, religion, disability, identity - Hate speech is a crime - It is still hate speech even if you like, repost or share someone else's post - If you were to make a photo into something offensive, it could be seen as hate speech or cyber bullying - Hate speech and cyber bullying have a negative impact on wellbeing: makes children/ adults feel isolated, sad/ depressed, anxiety, insomnia, not want to go to school or out of the house - If you or someone you know is a victim of hate speech or cyber bullying, you should: screenshot evidence, report to a trusted adult and site/ app, ask for it to be removed, move past it, report to the police, if hate crime - The impact treated people unkind online, hate speech and cyber bullying is negative to a person mentally and physically - Mental health - looking at posts, comments or pictures making you feel bad can affect your mental health - To stop this from happening, you should set a time limit on your device, unfollow anything/ anyone negative			

		- Play with friends, spend time with family, socialise etc - Looking at a screen before bedtime stops you from sleeping properly. Blue light stops or slows down the production of melatonin – the chemical that makes us feel sleepy - Don't take the phone to bed, night mode/ dark setting - The positives about spending time online are: fun, exciting, keeping in touch, learning - The negatives: anxiety, loss of sleep, stress, low self-esteem, less time being active (weight gain) - In order to combat these issues, you should set time limits on your devices/ have screen free days - Digital Footprint - Anything or any information that you post online will be linked to you: pictures you like, websites you visit, links you click, any social media accounts you have, games played, videos watched - The internet is forever and anything you say, post, like share will stay with you, even when you are an adult			