Curriculum for Life

'Preparing us for life beyond Trinity'

Healthy Relationships	Health and Wellbeing	Living in the Wider World

Year 8 – Term 6 –
How do I keep myself safe online?

Name: _____

C4L Teacher(s): _____

Classroom: _____

Health and Wellbeing *How do I look after my mental wellbeing?*	Healthy Relationships *How do I identify and challenge discriminative behaviours?*	Living in the Wider World *What opportunities are out there?*
This unit is about ensuring you understand what mental health is and the key signs to look for when recognising poor mental health. The unit will look at common mental health problems young people may face, healthy & unhealthy strategies of coping with poor mental health & where to seek support for these health issues.	This unit will examine the types of discrimination that exist in society. We will look at racism, sexism, homophobia, transphobia and religious discrimination. This unit is about identifying unacceptable behaviour and the language we should and should not be using in society today. We will also look at how we can tackle discrimination, including the laws around discrimination.	This unit is about developing an understanding of what working life is about. It will give you an insight into the career opportunities out there & support you in setting aspirational goals for your future. This will support you in making choices later, such as your GCSE option choices.
Health and Well Being *How can my lifestyle choices impact my health?*	Healthy Relationships *What is identity & how can I keep safe in relationships?*	Living the Wider World *How do I keep myself safe online?*
This unit is about making good choices when it comes to your health. It will focus on the negative choices such as drugs, smoking & alcohol and how these choices can be detrimental to your future and your health. It will also look at the laws surrounding these intoxicants.	This unit will explore the concept of identity, including sexual and gender identity. It will examine some of the risks that come with an intimate relationship and the consequences and laws surrounding these risks.	This unit is about ensuring you understand how to stay say online. It will examine a range of issues such as private and public sharing, age restrictions, grooming and the world of online advertisements.

Knowledge Organiser

How do I keep myself safe online?	Key Terms	
- The UK are currently arresting around 400 adults a month, relating to online grooming. - In the UK alone, it is estimated there are 800,000 people who present a sexual threat to children online. - There are stages of grooming online that include, friendship building, forming a relationship, risk assessment, exclusivity and sex talk. - Grooming generally has three main aims – sexual exploitation, criminal exploitation and radicalisation. - Many social media platforms have age restrictions for a reason, primarily to keep young people safe. The majority have a restriction of 13 years old.	Grooming	The action of preparing a child for a meeting, especially via an Internet chat room/social media with the intention of committing a criminal offence.
	Digital Footprint	The information about a particular person that exists on the internet as a result of their online activity
	Public Sharing	When information is shared on the social media and is accessible by all.
	Private Sharing	When information shared on social media is only accessible by the people the sharer agrees to.
	Influencers	A person with the ability to influence people by promoting or recommending items on social media.

Access to support

- Childline - online grooming (0800 1111)
- Rape Crisis - rapecrisis.org.uk
- CEOPs – Report online abuse

Title: How is the online world different to reality?

1.

2.

3.

4.

Keyword – Online 🗝️

How would you define 'being online'? Can you give examples?

_____

_____

Use your purple pen to amend / add the correct definition

Keyword – Offline 🗝️

How would you define offline? Can you give examples?

_____

_____

Use your purple pen to amend / add the correct definition

Task: Complete the Venn diagram below for What are the similarities and differences between real life and the online world?

Online   **Offline**

Similarities

Benefits of digital media	Dangers of digital media

One way I can keep myself safe online is…

_____

_____

_____
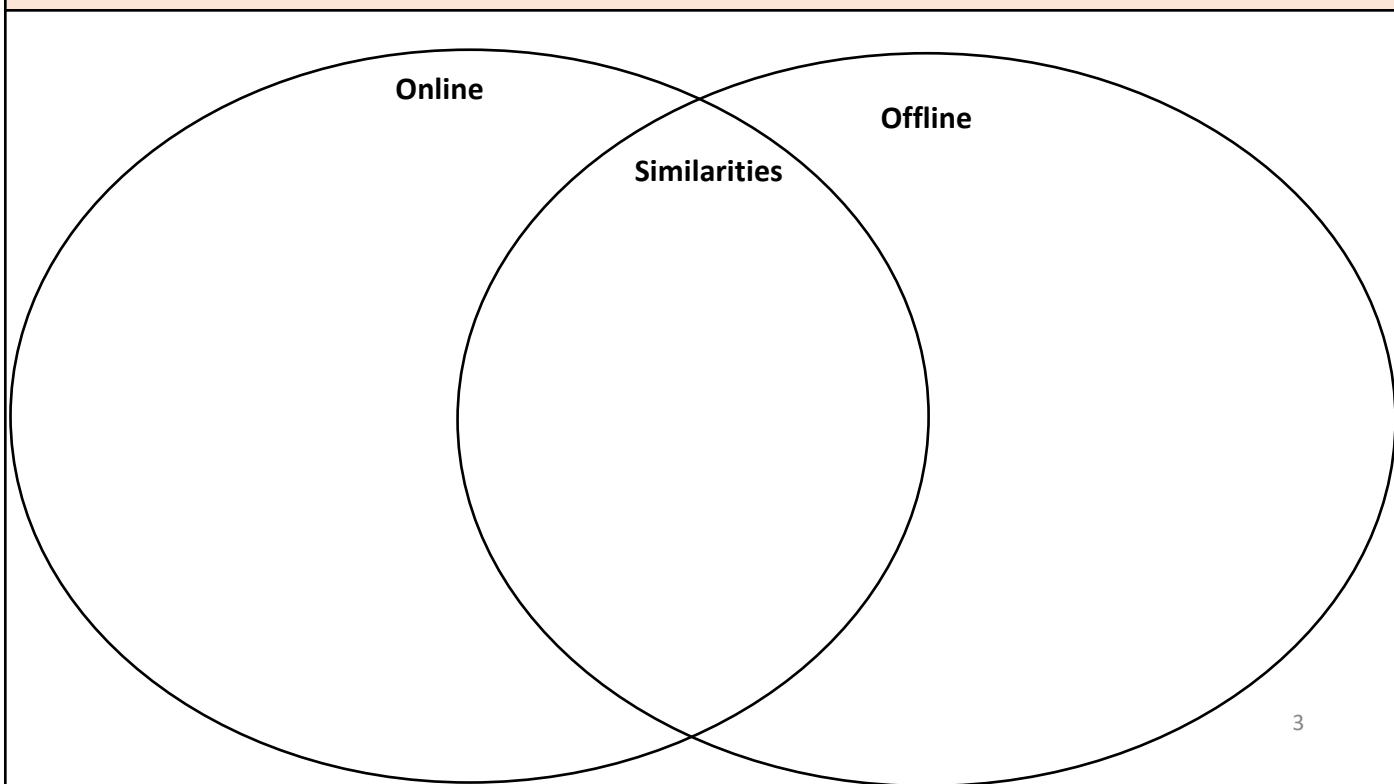
Title: What are the age restrictions and responsibilities of social media?

1. What age do you have to be to use social media? _____

2. Give two top tops to staying safe online

    1.

    2.

    Use your purple pen to add to these answers throughout the lesson.

Keyword – Digital Footprint

Define digital footprint in your own words

_____

_____

_____

Keywords: Posts / Information / Social Media

List three top tips from the lesson that can help you take care of your digital self

1._____

_____

_____

2._____

_____

_____

3._____

_____

_____

One way I can keep myself safe online is…

_____

_____

Title: What are the issues with 'oversharing'?

1.

2.

3.

4.

Keywords 🔑

Oversharing: sharing too much personal information

Self-esteem: your overall sense of self-worth / value

Digital footprint: trail of data created when we use the internet

Fear of missing out (FOMO): anxiety caused by online posts that something exciting might be happening elsewhere

Use as many of these key words in one sentence to try explain why someone might overshare.

_____

_____

Task: Which of the below are a consequence of oversharing? Put a tick in the box.

Having fun	May make other people jealous	Makes it easier for people to take advantage
Can encourage cyberbullying	Sharing memories/experiences	May affect your future
Encourages a need for attention	Exposes vulnerabilities	Can be offensive
Can be damaging on Mental Health	May be fake/not a true representation	Engaging with others

Joseph shared a selfie on social media of him outside of his home with his family, with the caption "can't wait for my holiday!". Joseph was very excited and "checked-in" on social media when he arrived at the caravan park. Joseph made sure that he shared everything he was doing on holiday and posted pictures from all of his activities. Joseph's family returned to see his home had been broken into multiple times whilst they had been on holiday and that most things had been taken from the home.

1. From the class discussion, what were the three ways in which oversharing contributed to Joseph being targeted by criminals

_____

_____

_____

_____

One way I can keep myself safe online is...

_____

_____

Title: What is the different between a real friend and an online friend?

Connect – Key Term 🔑

1. What do you think the term catfish means? _____
   _____

2. List three reasons someone may catfish online?

   • _____

   • _____

   • _____

Real & Online Friends – Differences

Real	Online
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Real		Online	
Pros	Cons	Pros	Cons
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Case Study 1 – What are the issues?

Zoya is originally from Russia and now lives in the UK. She has made friends at school, but still stays in touch with old friends in Russia via social media. Recently, she has met a Russian boy online who seems very kind, likes similar things to her and they talk as much as possible on Snapchat and Instagram. He has asked her to send money and inappropriate pictures of herself, but she has never actually spoken to him on the phone or facetimed him and has only seen pictures of him. He only has 40 followers and never tags anybody into his pictures.

1. _____
_____
2. _____
_____
3. _____
_____

Case Study 2 – Give Chelsea three top tips to stay safer online.

Chelsea struggles with anxiety over schoolwork and home life. She is quite shy and easily led by her peers.
She follows lots of people online and does not keep her profile private. This has led to her having many 'friendships' and she often overshares information about her life to make friends with people more quickly. She quite often meets up with people she has met online without letting anyone know where she is going and quite often hasn't spoken with any of them beforehand.

1. _____
_____
2. _____
_____
3. _____
_____

One way I can keep myself safe online is…

_____
_____

Title: What is Grooming?

Connect – Write a definition of grooming using the images on the board

How would you define 'being online'? Can you give examples?

_____

_____

Use your purple pen to amend / add the correct definition

Stages of grooming – give examples of each of these stages from the video ▶

"Targeting Stage"

• _____
_____

• _____
_____

"Friendship Forming Stage"

• _____
_____

• _____
_____

• _____
_____

"Loving Relationship Stage"

• _____
_____

• _____
_____

• _____
_____

"Abusive Relationship Stage"

• _____
_____

• _____
_____

• _____
_____

Title: What are the implications of grooming?

Connect

1. Name two benefits of being online: _____
   _____

2. Name two risks / disadvantage of social media: _____
   _____

3. Define grooming. _____
   _____

Video Questions - Alfie ▶

1. What was Alfie's home life like?

_____

2. What are the 'red flags' / warning signs that Alfie was being groomed

_____
_____

3. Is this an example of criminal or sexual exploitation? Explain your answer.

_____
_____
_____

Video Questions – Lee-Ann ▶

1. What do you notice about the changes in Lee-Ann's relationship with her friends?

_____
_____

2. What are the 'red flags' / warning signs that Scott may have bad intentions?

• _____
• _____
• _____

3. Is this an example of criminal or sexual exploitation? Explain your answer.

_____
_____
_____

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Who to contact if anything happens to you online or further information on how to stay safe online.

Trinity Safety Net - https://trinity-safety.net/keystage3/school

Trinity Safety Net is website that has been specially designed to give students further information on important topics we cover in C4L. There is a whole section on Social Media which includes lots of the helpful tips we have looked at.

Call it Out- https://trinityacademyhalifax.sharepoint.com/sites/tab-trinitytv/SitePages/Call-it-Out.aspx

Call it Out can be accessed via Trinity TV to report any offensive behaviour that you have witnessed or been a victim of.

Access to support outside of school

- Childline - online grooming (0800 1111)
- Rape Crisis - rapecrisis.org.uk
- CEOPs – Report online abuse

Extra Space