# Welcome to Safer Internet Day 2021

# Learning objective:

I am learning to understand the impact of **posting inappropriate content** and **seeing inappropriate** content on my mental health.

# The lesson will be split into 3 parts

1. Understanding what mental health is.
2. I am learning to understand the impact of posting inappropriate content and seeing inappropriate content on my mental health.
3. Create a vlog to explain to other children can look after their mental health.

# 1.
# Understanding what mental health is.

What's physical health and how do you know when you are ill?

How do you get better?

Discuss this with someone at home or school.

It’s often a lot easier to explain if we are physically ill, such as having a headache or broken arm. We also know what to do to get better.

Recently there has been lots of discussions about looking after our mental health and the importance of talking about our thoughts and feelings.

What's mental health and how do you know when you are ill?

How do you get better?

Discuss this with someone at home or school.

# Watch this video

**As you watch the video, think about...**

**1 thing you already knew**

**1 thing you learnt**

**1 thing that surprised you**

## How can we make sure that we have good mental health?

**Use this list and put them in order.**
**What do you think really helps to have good mental health?**
**What else would you include?**

1. make sure you get enough sleep
2. spend time with friends and family
3. talk about your feelings
4. have a variety of interests and hobbies
5. exercise each day
6. learn new things
7. help others
8. have fun and laugh
9. eat healthy food

There isn't a right or wrong answer, it's just what you think.

Speak with with someone at home or school to discuss your choices.

Why have you chosen YOUR top choice?

**Write a list of all the things that make you happy or describe the times when you are most happy.**

## Now, use this time for a 1 minute meditation

**Click on the video and spend 1 minute thinking about all the things that makes you happy.**

2.

I am learning to understand the impact of posting inappropriate content and seeing inappropriate content on my mental health.

**What is inappropriate content?**

**Discuss this with someone at home or school.**

Inappropriate content are things that people post online, usually to cause offence or make people feel uncomfortable.

Here are some examples:

Racism

Swearing

Encouraging crimes

Images and videos that make you feel uncomfortable.

In a survey, almost 20% of children your age said that they had seen something online that they found worrying or nasty.

That's about <u>6 children every class</u>.

How can you come across inappropriate content online?

Discuss this with someone at home or in school.

**Unfortunately there are lots of ways you can come across things that make you feel uncomfortable online.**

- Links from YouTubers
- Playing games with a high PEGI rating (e.g. only suitable for 18 year olds and over)
- Links on YouTube videos
- Pop ups that invite you to visit sites
- Private messages from friends

When you are online, you can create an *avatar* which is a picture of yourself but it can be whatever you like.

You can also give yourself another name. You have created an avatar for Times Table Rockstar.

This is good because….

Creating an avatar means that details about yourself can remain private when you are online.

**However, creating avatars also means *other people* can remain private too, which is why you should only ever become friends with people you know online and NEVER meet anyone you've met online!**

**Discuss this with someone at home or at school.**

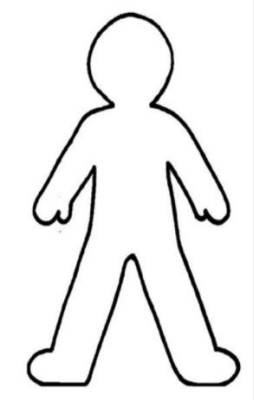
**In the centre of a new page, create your own avatar.**
**You will be writing around the outside so make sure you leave a bit of room.**
**<u>The next page gives an example.</u>**

**Remember you can change how you look. Here's a picture of my avatar….it's called Digital Mr Viney!!!**

**If you need some inspiration go to your TTRS shop.**

**Your avatar should not look anything like you!!!**

**Top tip**
**To start, draw an outline of a person and then add the details.**



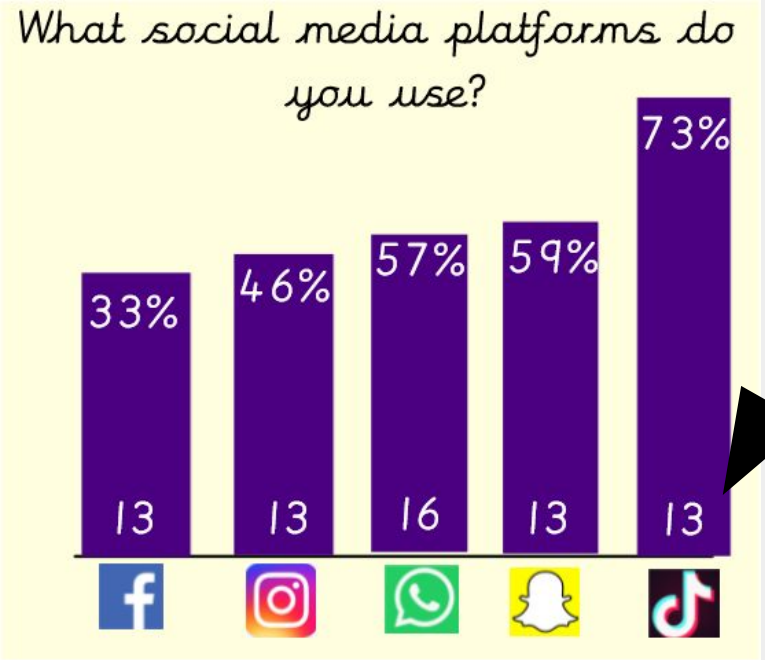
**Now draw an emoji of how you would feel if you saw something that made you feel uncomfortable.**

***Here's an example but you may not feel the same way.***

**Would you lock it, block it, show it or tell it? Discuss this with someone at home or school.**

**A survey last year showed that lots of children at Fairisle School use social media sites.**

**Which of these sites do you use?**




**These are the minimum ages that you should be to have an account.**

**Does this surprise you?**

**Discuss with someone at home or in school why there should be a minimum age limit.**

It’s really important to keep your accounts private rather than make them public.

Private means that only people you are friends with can see what you post. Where as a public account means anyone can view your posts

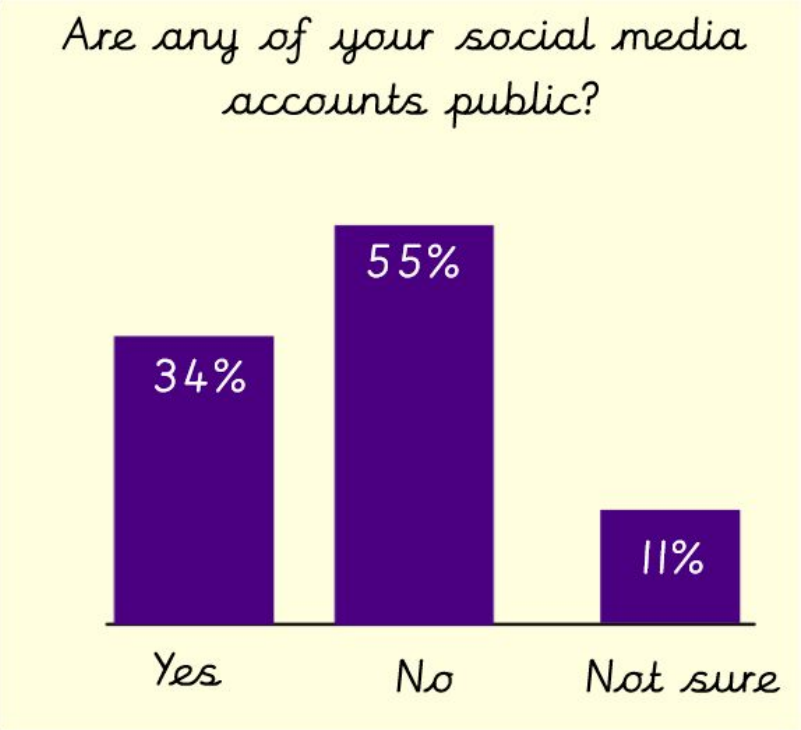
Discuss why it’s important that your account is set to private with someone at home or at school.

**Why would someone choose to have their public accounts?**

**Discuss this with someone at home or at school.**

**A survey last year showed that lots of children at Fairisle School had public accounts or didn't know if they had.**

**Does this surprise you?**




**If you have social media accounts like Tik Tok, please check that they are set as private.**

**Ask an adult to help if you're not sure how to do it.**

**If you post something online, how long does it last?**

**Choose one of the options below:**

**1 hour**

**1 day**

**1 week**

**1 month**

**1 year**

**Forever**

**A post can last forever.**
**Once it's online it can be shared and shared again so you no longer have control over it and anyone can see it!**

**1 hour**
**1 day**
**1 week**
**1 month**
**1 year**
**Forever** ✓

# Here is a real- life example that still can be found online 10 years later!!!
# (THIS WASN’T FROM OUR SCHOOL)

Primary school teachers on a night out!
2011

Outrage: A parent of one pupil at the school spotted the pictures, printed off five pages of them and posted them through neighbours' front doors

The teachers’ Facebook profiles were not set to private meaning the images could be seen by anyone, including pupil's parents.

A parent of one pupil at the school spotted the pictures, printed off five pages of them and posted them through neighbours' front doors!

# Think of something you would only be happy to share with your closest friends.

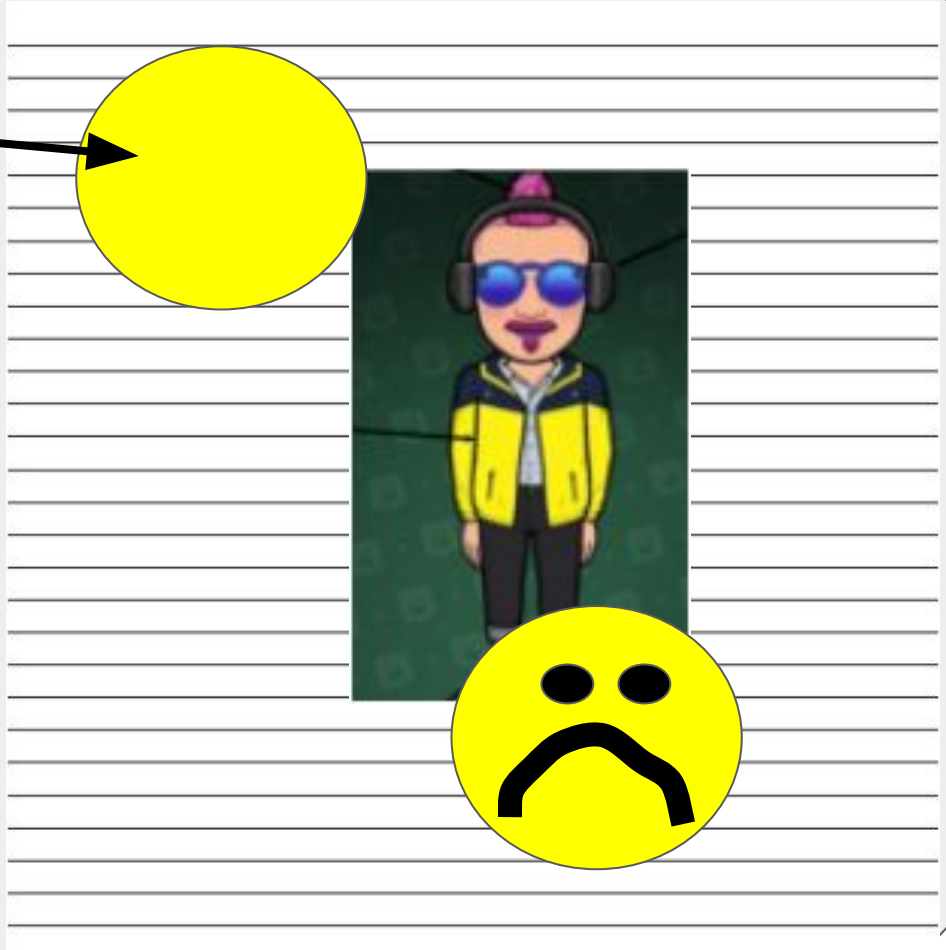
How would you feel if they took a screenshot of your message and sent to everyone in the class?

Discuss this with someone at home or at school

Now draw an emoji of how you would feel if your private message was sent to other people.

Would you lock it, block it, show it or tell it?

Discuss this with someone at home or school.



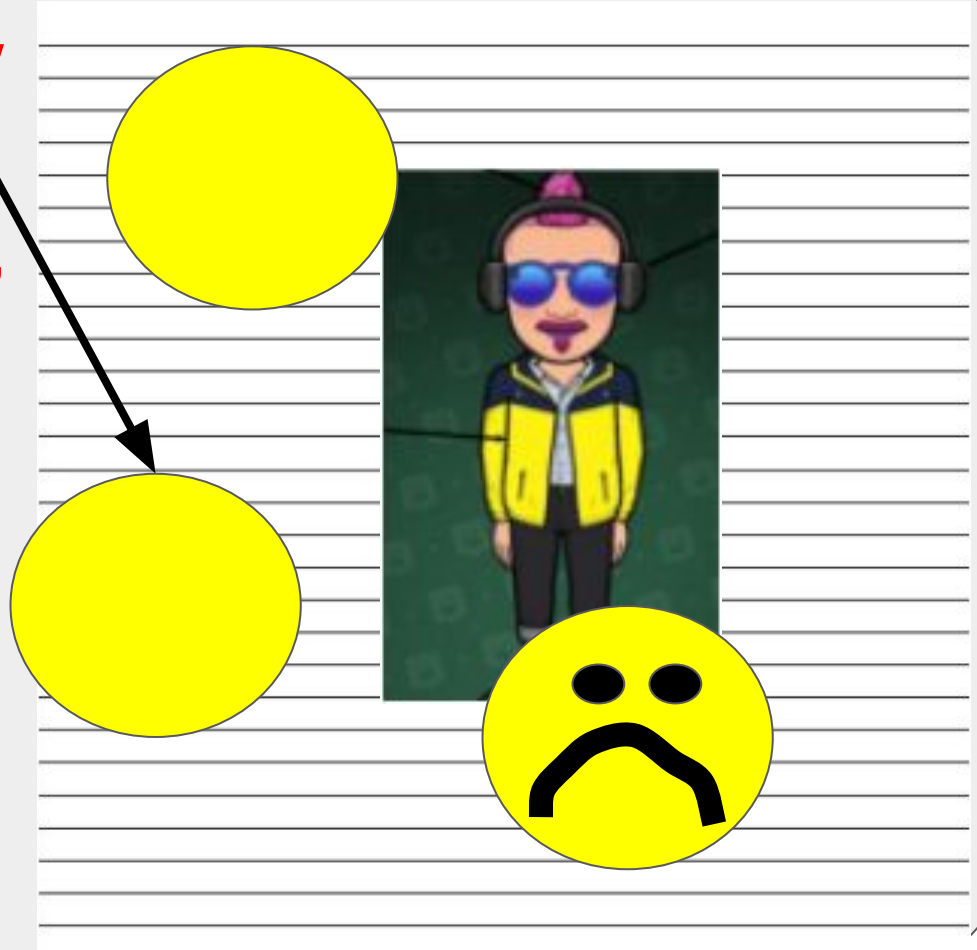
Now for the serious bit….

# Watch what could happen if asks you to post an inappropriate picture

Now draw an emoji of how you would feel

Would you lock it, block it, show it or tell it?

Discuss this with someone at home or school.



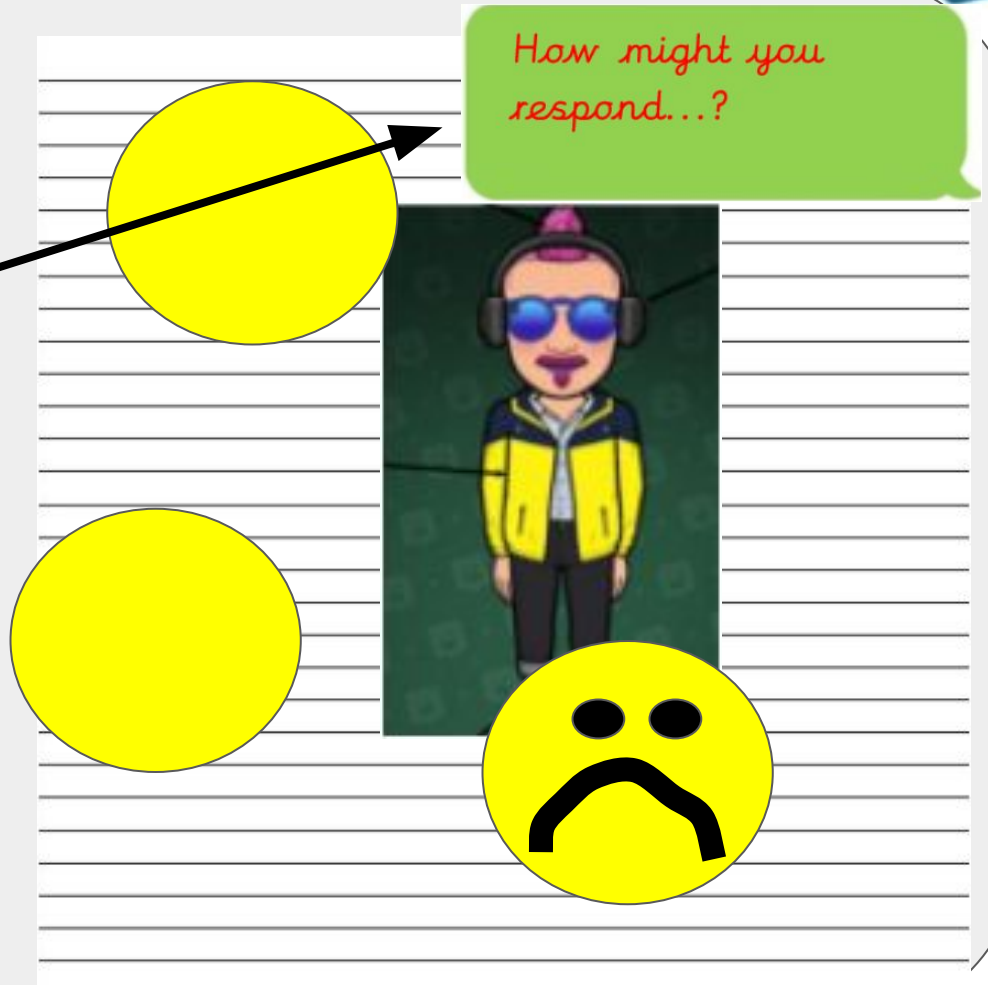
How could you respond if someone asks you to send a naked picture of yourself?

Hey, I dare you to send me a naked picture, it'll be fun!

Write a response on your page.

How might you respond...?

**Write your response to the message**



**Here's some good advice to make sure you look after your mental health when using social media sites.**

**Discuss with someone at home or school which you think is the most important and why.**

**Am I being kind?**

If you read it about yourself, how would it make you feel?

**Is it really private?**

You don't have any control over the post once it's sent

**Do you have permission?**

Don't send photos or post anything that will embarrass others

**Will I feel different about this later?**

Don't post when you're angry

**Would I say this in person?**

Remember it's a real person that will read the posts

**Would your grandparents be proud?**

Would you be happy if someone you really respected saw your posts?

**Here is some useful advice to THINK about when using social media sites.**

**Write your own golden rule about staying safe online and looking after your mental health.**

**Use the stem sentence to help you.**

**My golden rule is when using social media is….**

3.

Create a vlog to explain to other children can look after their mental health.

**Your final task to to create a vlog to tell children like you and the good and bad parts of gaming and tell them your advice.**

**A vlog is the same as a blog but rather than text they use video.**

# Watch this video for hints and tips

https://www.bbc.com/ownit/the-basics/jim-chapman-vlogging-secrets?collection=vlogging

# Top Tips!!!

- Write a script and practise saying it in front of a camera. Make sure you're clear about what you want to say.
- Don't speak too quickly.
- Keep the camera steady.
- Try not to say errr or a similar word over and over again. If you do it's a sign that you need to practise more before videoing yourself.
- Mistakes are okay, just continue it
- Frame your shot well, not too close and not too far away.

**When you've finished, please send your vlog to your teacher.**

# Safer Internet Day 2021