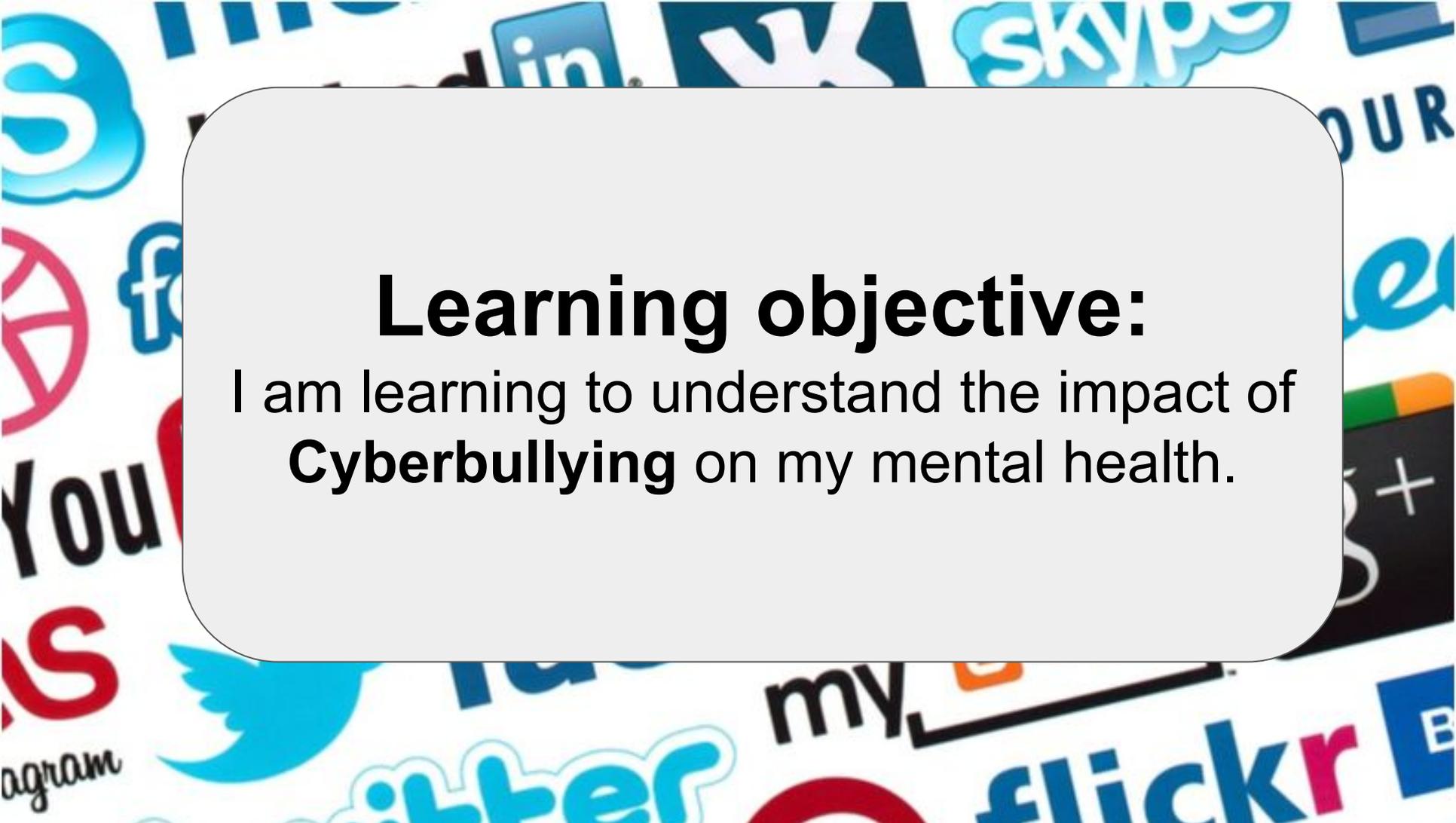




Welcome to
Safer Internet Day
2021



Learning objective:

I am learning to understand the impact of **Cyberbullying** 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 Cyberbullying on my mental health.
 3. Create a vlog to explain to other children can look after their mental health.

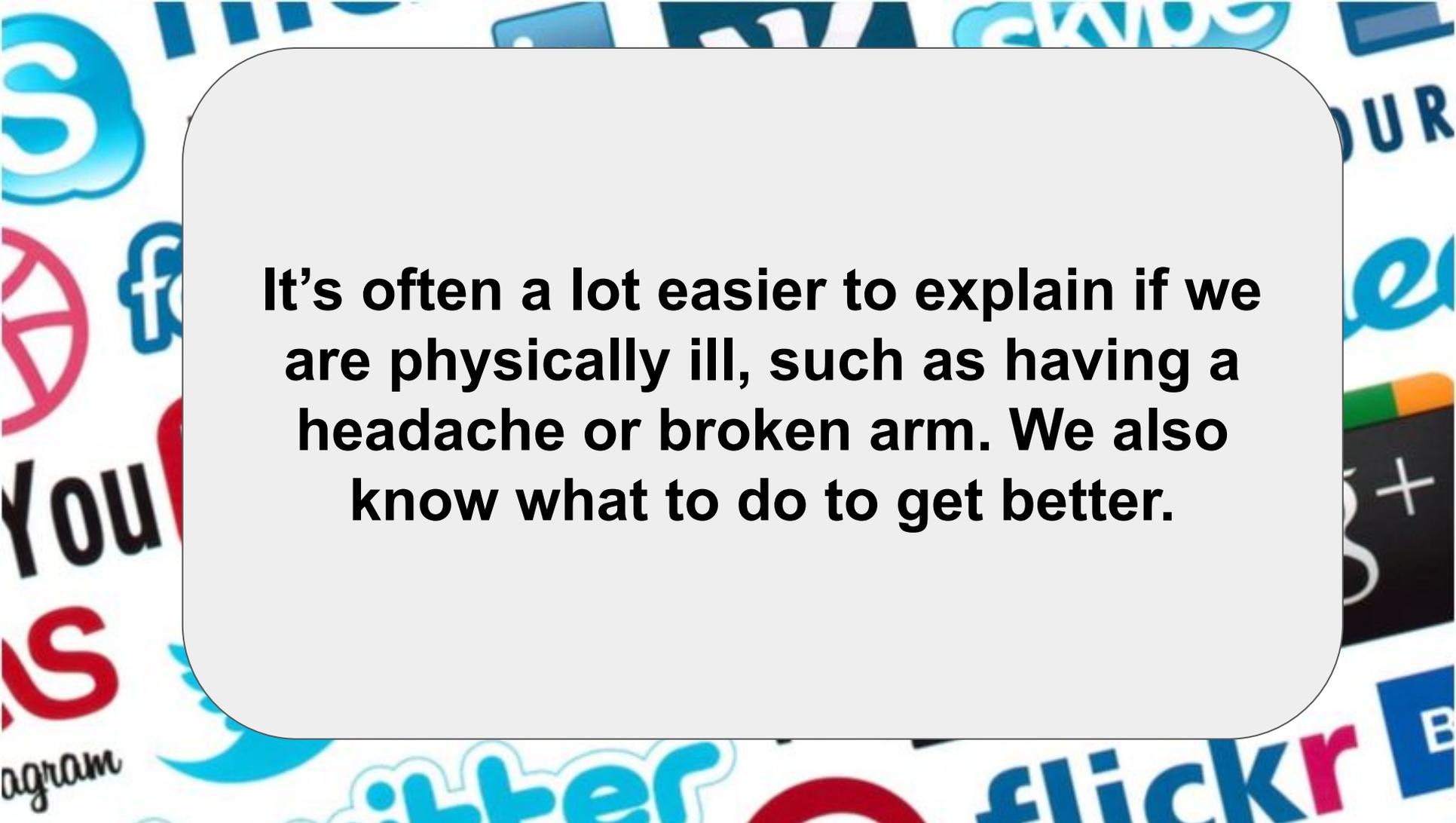
1.

Understanding what mental health is.

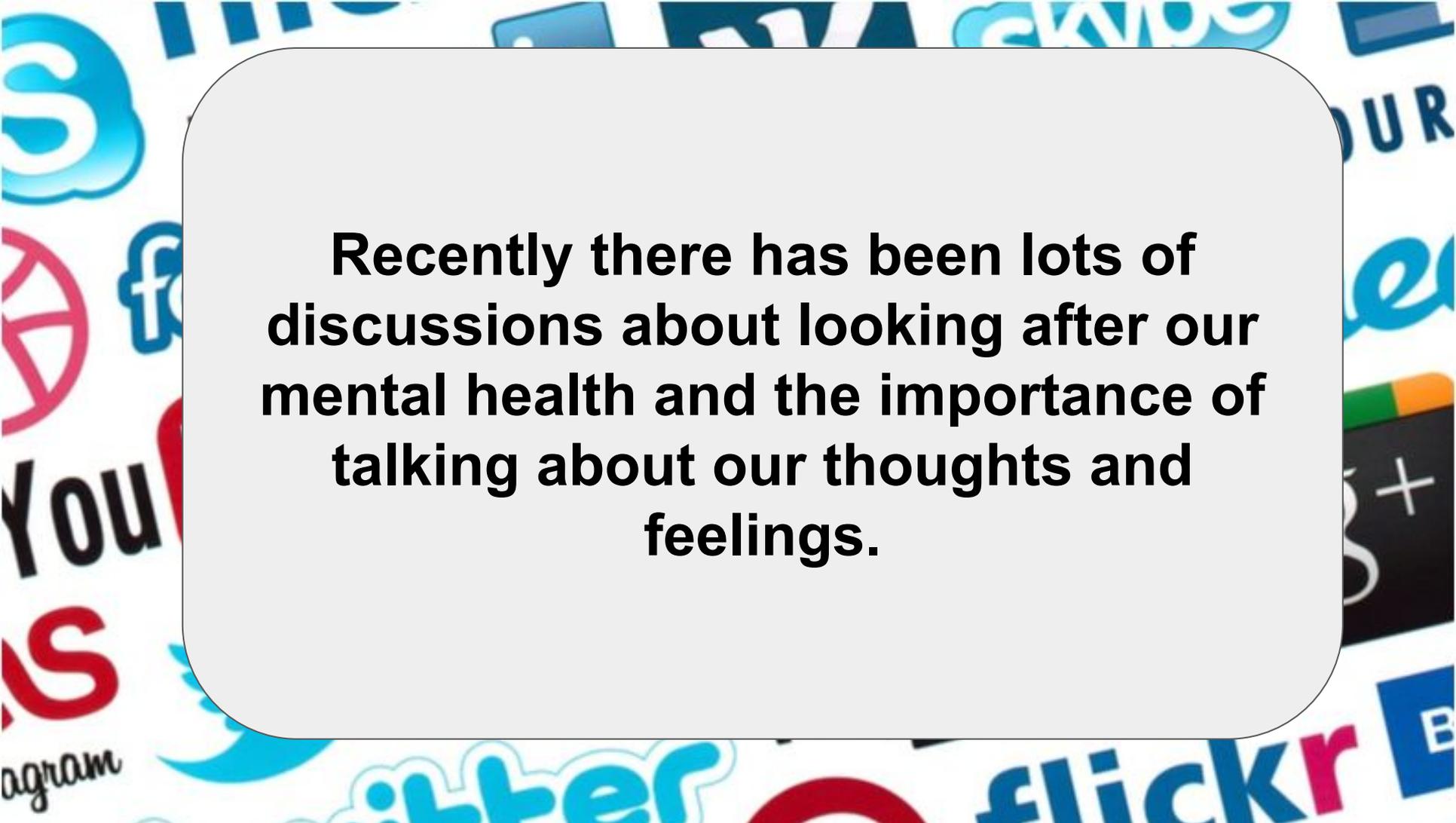
What's physical health and how do you know when you are ill?

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.

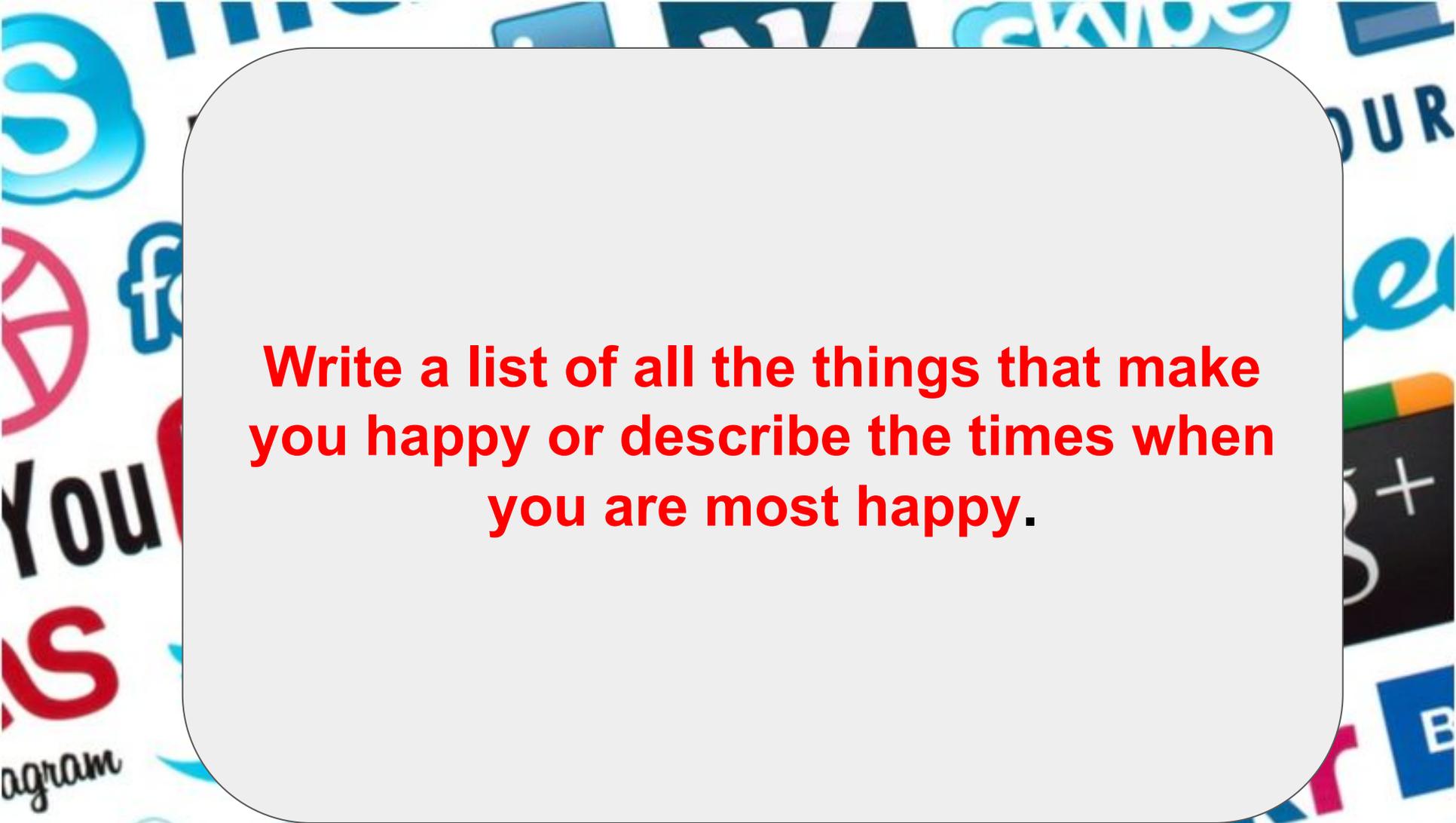
What do you think really helps us to have a good mental health?
What else would you include?

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.

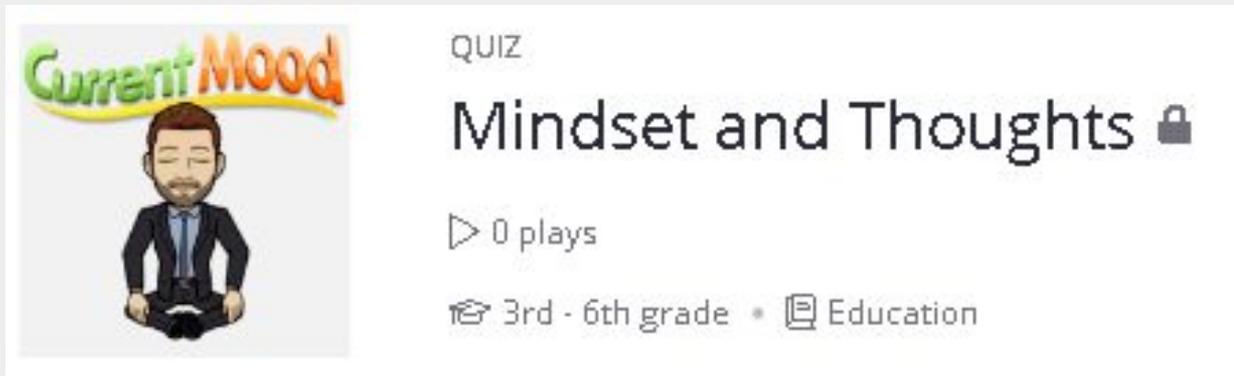
Now, use this time for a 1 minute meditation

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



Now, use this time for a 1 minute reflection.

Click on the Quiz and complete the question provided.



The image shows a quiz card from Quizizz. On the left is a square thumbnail with the text 'Current Mood' in a colorful, bubbly font above a cartoon illustration of a man with a beard and brown hair, wearing a dark suit and tie, sitting in a meditative pose with his eyes closed. To the right of the thumbnail, the word 'QUIZ' is written in a light grey font. Below that, the title 'Mindset and Thoughts' is displayed in a large, black, sans-serif font, followed by a small grey padlock icon. Underneath the title, there is a play button icon followed by the text '0 plays'. At the bottom of the card, there is a school bag icon followed by the text '3rd - 6th grade' and a book icon followed by the text 'Education'.

<https://quizizz.com/join?gc=3063700>

4

2.

I am learning to understand the impact of
Cyberbullying on my mental health.

Today we will be learning about what cyberbullying is and strategies to deal with it.

How confident are you in:

- Explaining what cyberbullying is?
- Strategies you can use to prevent it?

10

Extremely confident

9

8

7

6

5

4

3

2

1

0

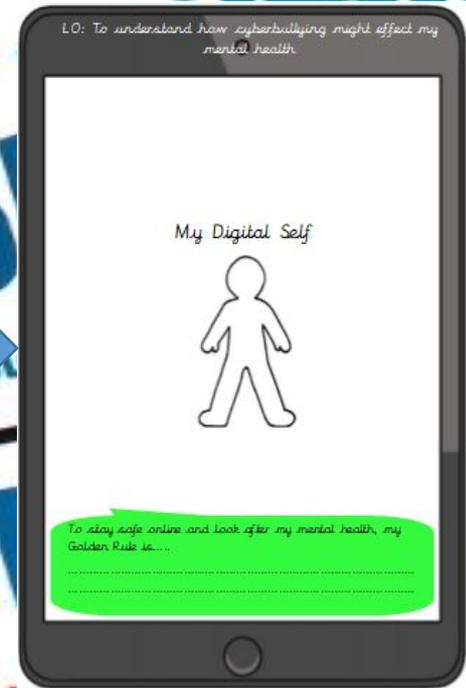
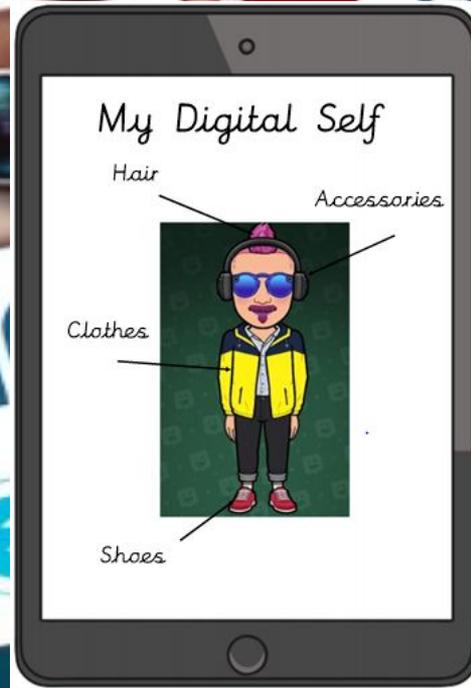
Not confident

Draw your digital self

When you are online you can create your own avatar which is a picture of yourself.

Creating an avatar means that details about you are safe and private.

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.

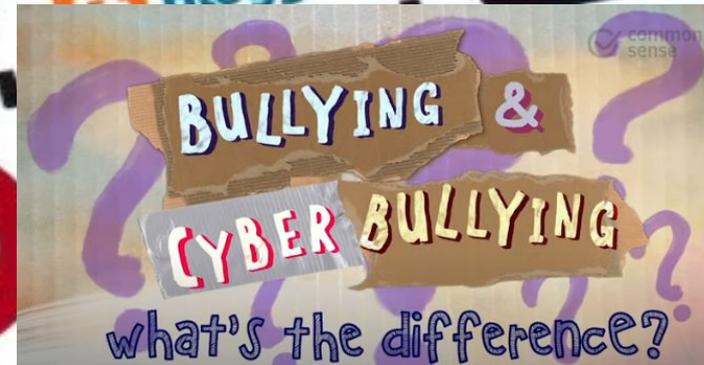


Did you know?

- 56% of children said they have seen others be bullied online. If your class has 26 children, that is 15 children.

What do we mean by cyberbullying?

Cyberbullying can occur anywhere, even at home. Cyberbullies use digital technology to harass, threaten or humiliate you.



https://www.youtube.com/watch?v=6ctd75a7_Yw

Why does cyberbullying happen?

People are likely to bully because they are going through a rough time themselves. They often take their problems out on other people because it is the only way they know how to get control of their own difficult feelings . But this is at someone else's expense.

How does it feel? Watch this video to find out.

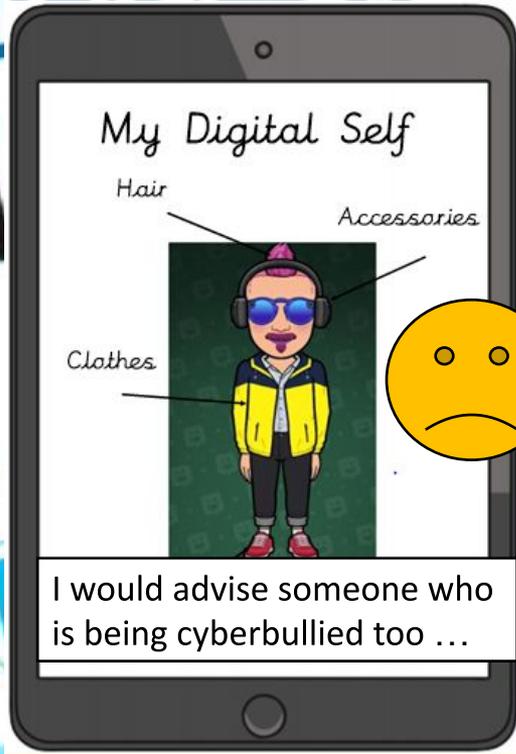


Write 3 feelings down, can you explain why it made you feel this way?

- 1)
- 2)
- 3)

Design an emoji of how you would feel if you experienced cyberbullying?

Then stick or draw it on to your iPad next to your digital self.



Write down on your iPad what advice you could give to those who experience cyber bullying.

How to deal with cyberbullying?



<https://www.bbc.com/ownit/the-basics/7-tips-to-beat-cyberbullying>

- Don't reply to upsetting or hurtful messages. Try to block the people sending them.
- Keep a log of messages, this will help when explaining what's happening to you.
- Talk to an adult you trust.
- If the bullying is happening on a website, social media or online game, report it.
- Check your privacy settings and keep your details private.

Can you decode these messages?



QUIZ

Cyber-bullying

 0 plays

 4th grade •  Computers

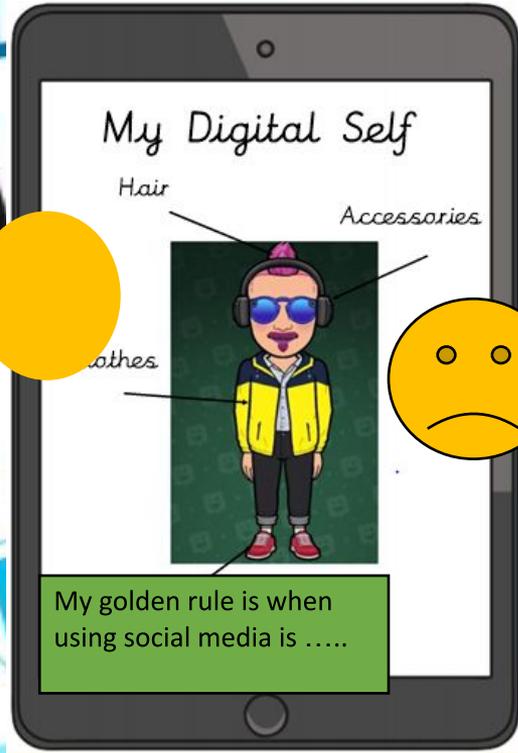


bphillips_73089

20 minutes ago

<https://quizizz.com/join?gc=4699370>

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



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

Add your post and draw an emoji of how you feel now you know how to deal with Cyber-bullying.

3.

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

Your final task is to create a vlog to tell children like you about Cyberbullying 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.



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