



Welcome to
Safer Internet Day
2021

Learning objective:
To understand how the use
of **technology** and the
Internet can **impact our**
mental health

The lesson will be split into 3 parts

1. Understanding what mental health is.
2. Understanding how spending too much time on the internet or gaming can impact your 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.

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 someone at home or school to discuss your choices.

Why have you chosen YOUR top choice?

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.

Understanding how spending too much time on the internet or gaming can impact your mental health.

When we are online, we 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.



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

However, it also means that you can never be sure who other people are when you are talking to them online either.

Discuss with someone at home or at school why this might be a risk to your safety when you are online.

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.

The next page gives an example.

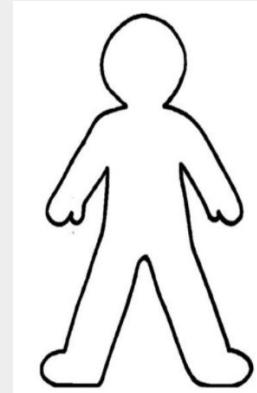
Remember you can change how you look. Here's a picture of my avatar....it's called Digital Mr Viney!!!

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.





What computer games have you played?

**Spend a minute thinking about all the computer
games you've played.**

Here's a few that you may have played....
Do you recognise these?



Watch this video to find out about PEGI ratings



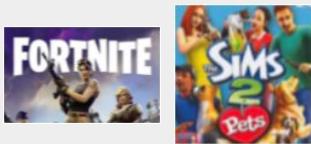
Can you describe what a PEGI rating is.

Walk to someone at home or school about PEGI ratings. Can you come up with a definition.

Match the computer games with the PEGI rating



These are the PEGI ratings. Did you get them correct?



**Think about and discuss, what is
good about playing computer
games?**

Discuss this with someone at home or school.

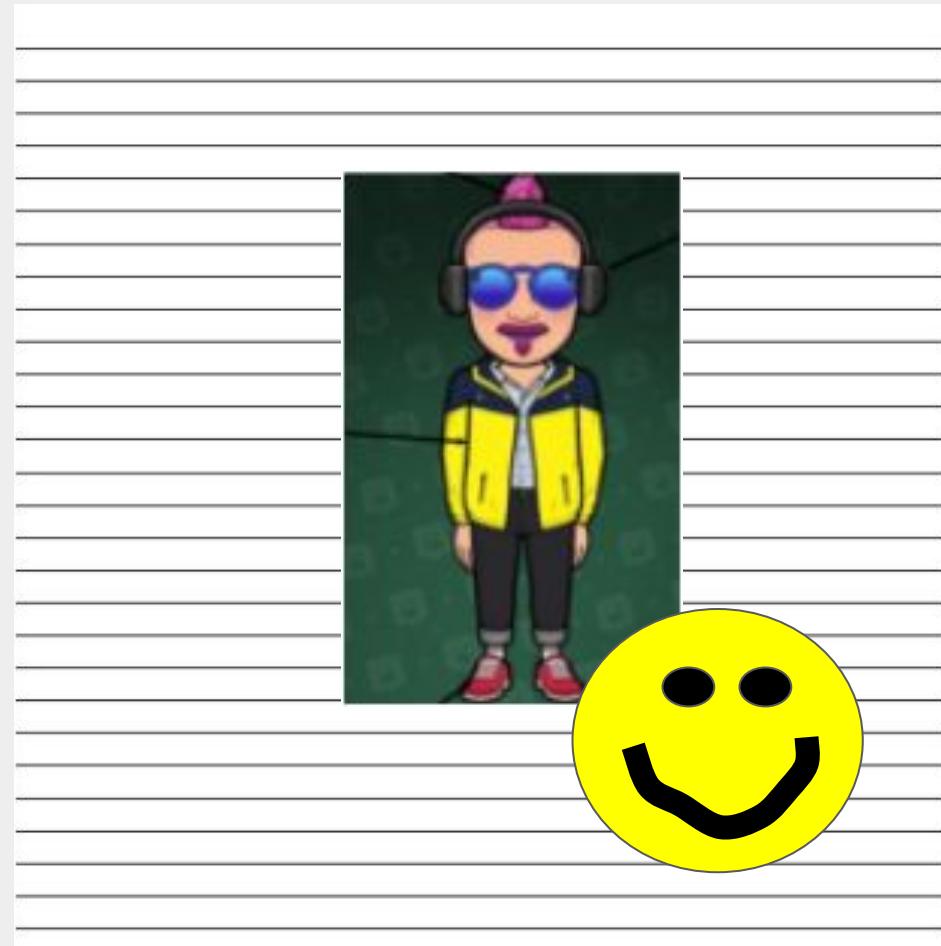
Here's some reasons why computer games are good to play.

Did you agree with these?

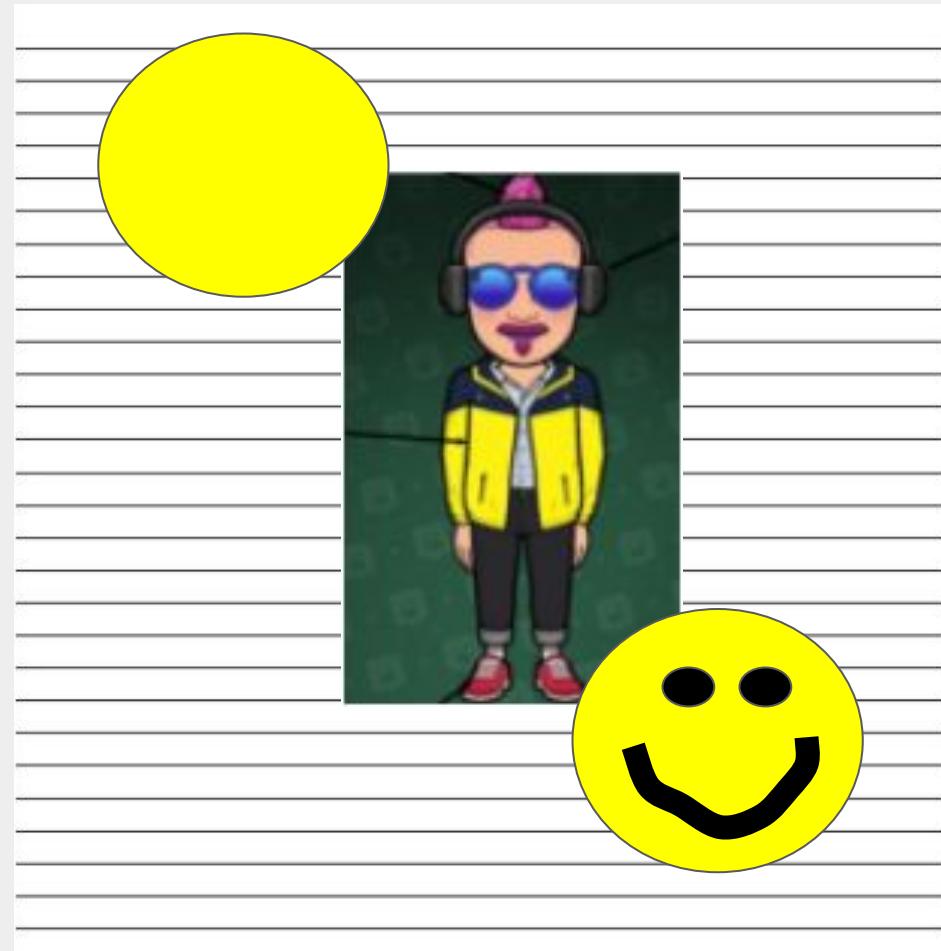
- You can play with your friends
- Improve your reactions and reflexes
- Multiplayer games teach you how to work together
- You often have to plan tactics and think ahead

Now draw an emoji of how you feel when you get better at computer games.

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



Now draw an emoji of how you feel if you played a game you were too young for.



**Think about and discuss, when
playing computer games becomes
a problem?**

Discuss this with someone at home or school.

Here's some reasons why playing computer games may be a problem

Did you agree with these?

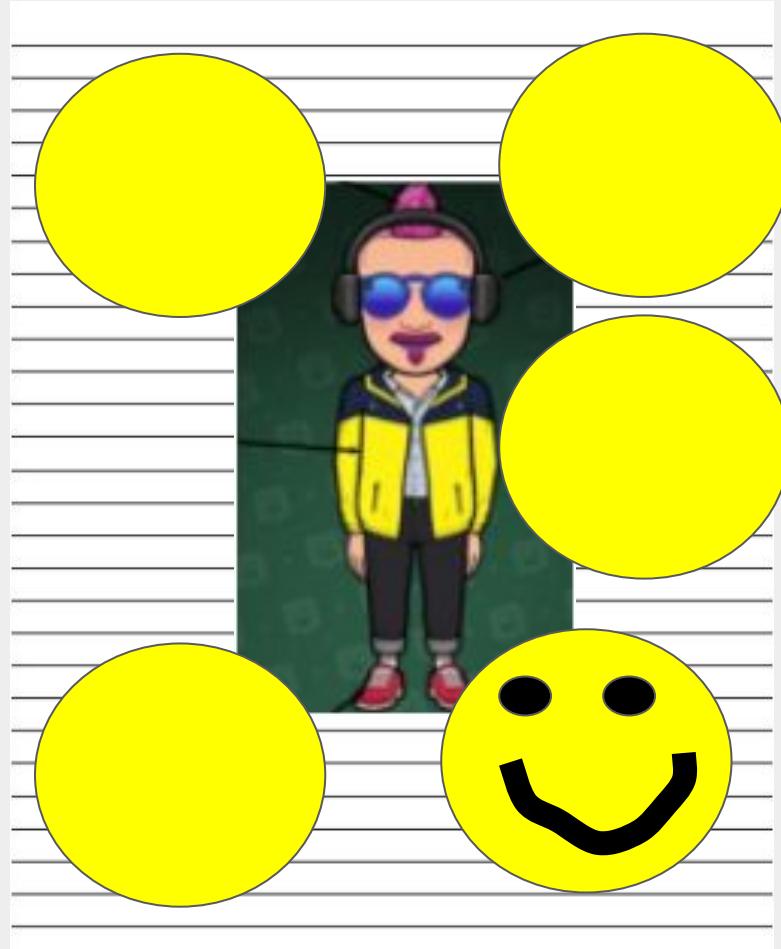
- Play late at night and do not get enough sleep.
- Don't make time for other activities like exercise and playing outside.

Now draw emojis of how you feel when you...

- 1. Are tired at school**

- 2. Don't take part in other activities that you normally do**

- 3. You don't spend time with your friends**



Here's some good advice to make sure you look after your mental health when playing computer games.

Discuss with someone at home or school which you think is the most important

PEGI Ratings

Make sure you only play games that are appropriate for your age

Involve your family

Challenge your family to a games night on the weekend

Have another hobby

Don't make gaming your only hobby

Breaks

Use a timer to take regular breaks from the screen

School night breaks

Limit the amount of time you spend online during the week (school nights)

Talk about it

If you find it difficult to stop speak to a trusted adult

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

Use the stem sentence to help you.

My golden rule is when gaming you must....

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

What to include in your vLog

- 1. Explain what's great about the internet and gaming.**
- 2. Explain what some of the problems are if you use the internet or game too much.**
- 3. Explain what PEGI ratings are.**
- 4. Give your golden rule to help other children like you.**

Mr Viney's Top Tips!!!

- Write a script and practise. 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.
- Mistakes are okay, just continue it
- Frame your shot well, not too close and not too far away.

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

Safer Internet Day 2021