Lesson plan: 13-16 years

Recommended lesson time: 60 minutes

\*worksheet\*

**Part 1: The Digital World (10 minutes)**

**Learning objective:** To understand different aspects of the digital world including behaviour, security and online risk.

Split the class into groups and ask each group to discuss the statements and if they are good or not good advice (five minutes). Discuss each point together as a class at the end (five minutes).

**Part 2: Being a Digital Citizen (20 minutes)**

**Learning objectives:**

* To understand what cyberbullying and trolling are and the differences between them.
* To know whether something is risky or safe online and why. An introduction to ‘phishing’.

\*activity sheet\*

**Activity 1 – online kindness (10 minutes)**

Explain the following definitions to pupils, asking if anyone has heard of the words before:

**Cyberbullying:**

* Bullying online
* People you know
* Face to face bullying often happens as well
* Being unkind a lot online
* For example: not letting you into a game or messaging group, saying and doing unkind things, sharing your address or your crush, name calling

**Trolling:**

* A type of cyberbullying
* Writing nasty and unkind messages to make someone angry or upset on social networks, chat rooms or online games
* Famous people or influencers are targets of trolling
* Trollers use a fake identity or are anonymous

**Activity:** pupils read the statements (taken from the [Digiworld](http://digiworld.theparentzone.co.uk/game/) game) and decide which emoji to put under each statement.

\*worksheet\*

**Part 3: Recovering when things go wrong (30 minutes)**

**Learning objective:** To be able to understand appropriate solutions to recover from online problems and mistakes.

Anybody can make a mistake online. Even if a child is careful, accidents can happen, they may feel unsafe or people might be unkind. When things go wrong, the most important thing is that they know how to get help and recover.

* Ask pupils to create a comic strip with top tips on what to do if something goes wrong online. Use a range of examples from previous activities to help guide pupils' choices.

They may want to include:

* Tell a trusted adult if you’ve been tricked into doing something that upsets you.
* Tell a trusted adult if you come across anything that upsets or worries you.
* Remove any mean posts or embarrassing pictures of other people.
* Learn how to block and report people.
* Change your password if you think someone else may know it.

An additional emotions and feelings sheet has been provided to assist.

***Teacher’s notes:***

*Children who are resilient are more likely to benefit from opportunities online and less likely to experience harm. Resilience isn’t a lesson they can learn in school or a skill they acquire – it must be fostered and nurtured. Parenting and support from trusted adults can make all the difference.*

*A child who is digitally resilient will be able to:*

* *Understand when they are at risk online.*
* *Know what to do to seek help.*
* *Learn from their experiences.*
* *Recover when things go wrong.*

\*worksheet\*

**Homework**

Encourage parents to get involved in the homework activity so that children can share learning with their families. Parents can help reinforce key internet safety messages and help children to learn how to be safer online.

**Task:** Ask pupils to create a quiz for their siblings or another family member. Get them to include six questions on a piece of paper about the things they have learned in their lesson. They should also write the answers at the bottom of the paper. E.g. Q: What is cyberbullying? A: This is bullying carried out online.

Direct them to the Digiworld online game <https://bit.ly/2RQ8RFq> so they can explore all of the topics in more depth.

There are also level three worksheets available to download for: Understanding the Digital World, Being a Digital Citizen and Recovering when things go wrong.