

Self-Image and Identity

I can recognise that there may be people online who could make me feel sad, embarrassed or upset.

Outcome Criteria

- I can recognise that there may be people online who could make me feel sad, embarrassed or upset.
- I know when I should ask an adult for help with things online that upset me.
- I can give examples of different adults I can ask for help.

Questions To Ask

- What do you like to do online? What do you not like to do?
- What can you do if something makes you feel sad/ embarrassed or upset online?
- Is it OK to have mixed emotions? E.g. this person makes me laugh but sometimes their jokes hurt my feelings.
- Who can help you if something ever worries or upsets you online?
- When might someone ask an adult for help online? E.g. when during an online chat or playing a game etc.

Activity Descriptor

Activity: Helping Alex

Preparation: Check the presentation displays properly. Provide blank paper for the activity at **slide 8** if required.

There are 9 slides in the presentation. **Slide 2** sets out the scenario: Alex has been upset by something that was said to him online and his friend Lily gives some suggestions of what to do. Firstly Lily suggests that Alex stops thinking about it; then she suggests he doesn't play the game anymore; and finally she suggests he talks to a trusted grown-up.

Discussion points include: what is the best advice that Lily suggests; what other suggestions could Lily make; and which grown-ups could Alex talk to? **Slide 8** asks pupils to identify 5 grown-ups that they could talk to - students could trace their hand on a piece of paper and write an adult's name (or draw a face) on each finger to represent a trusted adult.



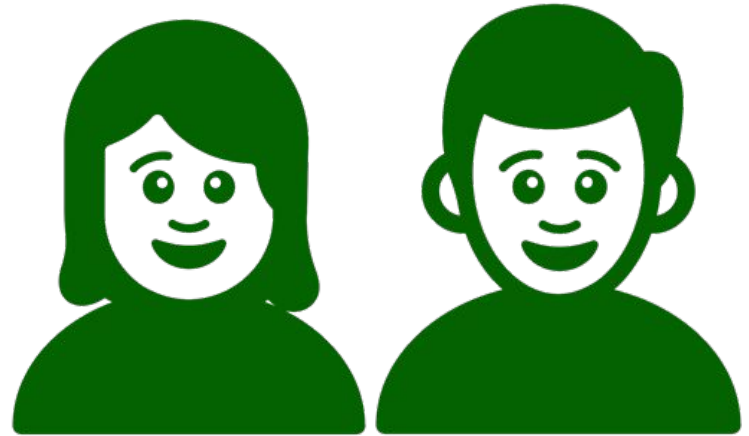
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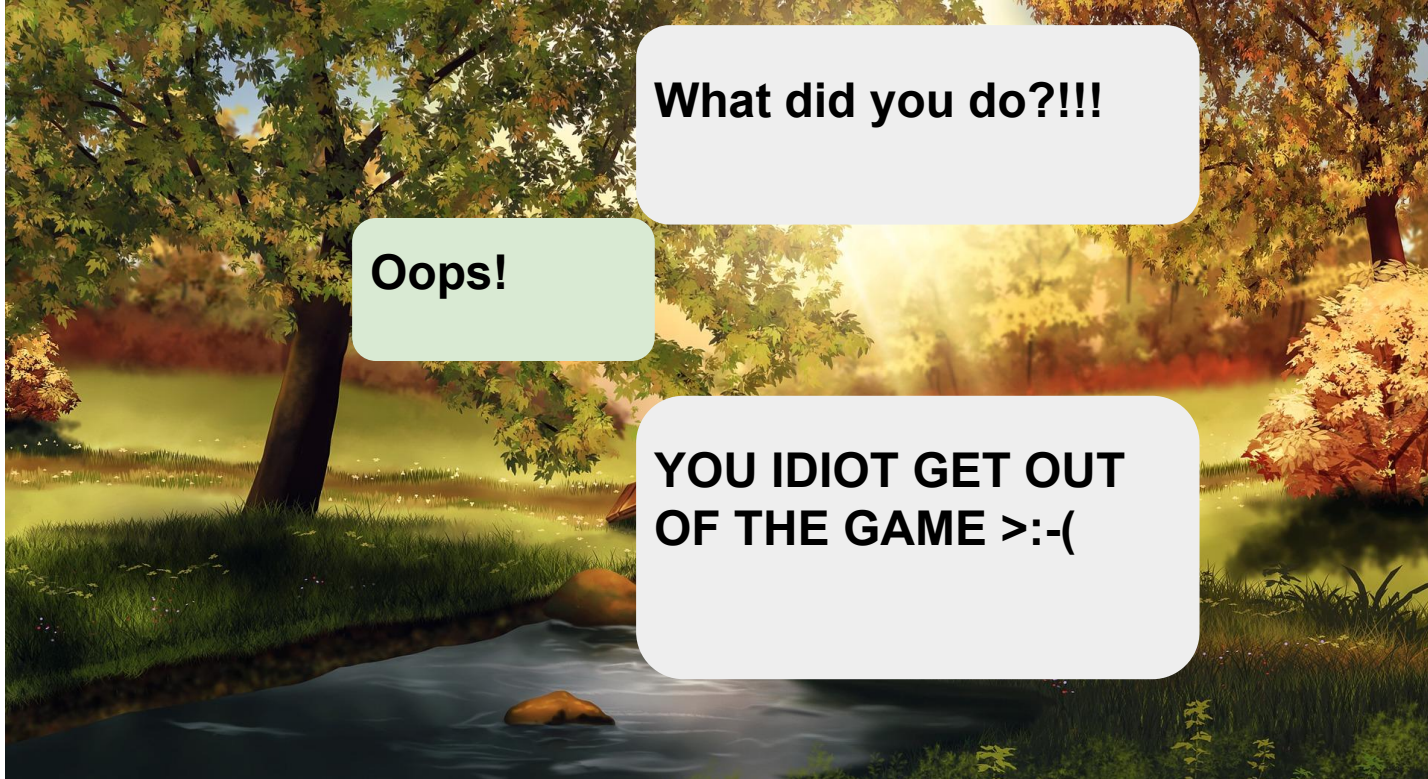




Helping Alex

How to advise a friend upset by something online





What did you do?!!!

Oops!

**YOU IDIOT GET OUT
OF THE GAME >:-(**

What should Lily say to Alex?



Try to forget
about it



Don't play that
game again









Alex talks to his mum



Your trusted grown-ups

