Self-Image and Identity

I can give examples of issues online that might make me feel sad, worried, uncomfortable or frightened; I can give examples of how I might get help.

Outcome Criteria

- I can recognise issues online that might make me feel sad, worried uncomfortable or frightened.

- I know who I can go to for help.

- I know how to 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?

- Who can help you if something ever worries or upsets you online?

- How can you ask for help? What would you say?

Activity Descriptor

Begin by revisiting with the children which apps and games they like to use online and how they make them feel. Explain that today you will be thinking about how to get help if something worries or upsets you online.

Using the **'How going online makes you feel'** resource sheet, ask the children to colour code the online activities based on how they might make them feel online. You could do this individually or by creating a whole class/ group document using coloured dot stickers. Go through the online activities as a group and allow children to share how each might make them feel. This could be done simply as a voting exercise or lead as a discussion.

Explain that we can all feel differently about things online but there are some main things which can upset all of us and it's important to know where to go for help. Revisit the children's **'Helping Hands'** from SI&I - EY-7.2-3 and discuss all the different adults which they can go to for help and support.

Finally use the online activities and **'Getting Help'** resource sheet to practice asking for help. This could be done in pairs by selecting an online activity and then a way of asking for help. Or this could be run as mini role plays.

How does going online make you feel?

Use this resource to talk to children about what might make them feel sad, worried, uncomfortable or frightened online

PROJECT

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Self-image and identity

Watching a funny video

Seeing a picture you weren't expecting

Seeing an unkind message

That picture is so bad! You don't look very nice haha

Playing your favourite game

Play again

Seeing a picture of something sad

Getting a message from someone new

NEW MESSAGE

Searching for something online

Search

Having a pop-up appear

Allow "GamerParadise" to access your location while you use the app?

Don't Allow   Allow

Getting to a new level in a game

Level 27

Losing in a game

GAME OVER

Sorry you hit the ship, want to play again?
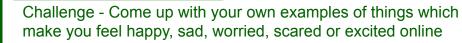
Having a new video start playing straight away

Getting to try something new

NEW

Key

Happy =

Sad =

Worried =

Scared =

Excited =

Add colour codes to the key

Challenge - Come up with your own examples of things which make you feel happy, sad, worried, scared or excited online

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Getting Help

Use these sentence starters to help children practice asking for help in different scenarios

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Self-image and identity

_____ has happened online and I need some help.

Please can you help me with _____?

I saw _____ and it made me feel _____

I feel _____ because _____

I'm worried about _____

I need some help because _____

Can you show me how to _____?

Please help me with _____