

Below you will find quick activities to accompany our in-depth lesson plan to support the theme of **'Create, Connect and Share Respect.'**

Digital Dusting

Use this Safer Internet Day as a chance to clear out from your online accounts any old posts you don't want online anymore, or any contacts you no longer wish to have. It's also a great time to go through your privacy settings and deactivate any old accounts. You can find more information on all of these settings at

www.saferinternet.org.uk/safety-tools

Digital myth or digital truth?

Using **Appendix 2**, ask young people to sort the statements into digital myths or digital truths. Discuss with them the impact of these digital myths on how people feel and the choices they make online.



Managing your time online

According to Ofcom's annual Media Use and Attitudes Report, in 2017 young people between the ages of 11-15 spent on average 20 hours and 48 minutes online each week. This time could be spent doing anything from entertainment, to finding things out or communicating with others. However, we all have our own triggers to tell us when we have spent too long online. These might be physical things happening to our bodies like headaches or sore backs, changes to our moods or even noticeable changes to the device itself like reduced battery or overheating.

Discuss what happens to you when you know you've been online for too long; create a list of ideas for what you can do, and another for how the device itself can help, e.g.:

You could – set time limits, speak to someone, take regular breaks etc.

Your device could – be charged downstairs, avoid using devices at mealtimes, use night time modes and settings where available

support.apple.com/en-gb/HT207570

SID TV

Watch the SID TV video for 11-14 year olds. Discuss the themes mentioned in the film about friendship and how online actions make us feel.



www.saferinternet.org.uk/sid-tv

How does being online make you feel?

Using **Appendix 1**, ask young people to colour code the online experiences based on how they make them feel. Follow this on with a discussion about what they can do if something ever worries or upsets them online;

- Report any content you are concerned about to the networks www.saferinternet.org.uk/safety-tools
- Talk to an adult you trust
- Contact ChildLine on **0800 11 11** or www.childline.org.uk
- Visit youngminds.org.uk for support on mental health and wellbeing

Let's get voting!

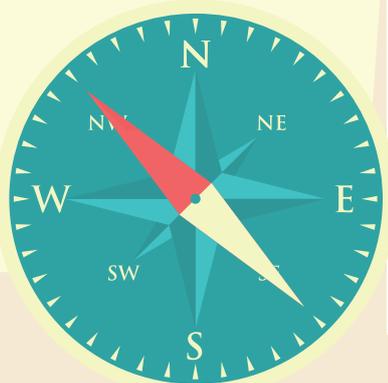
Use an online voting system like Mentimeter to allow the young people to vote or rank the relevance of online issues or contribute to word clouds. You could use the system to have the following discussions;

- How do we connect online?
- How can we share respect online?
- What positive experiences have you had online?
- How do you respond to negative experiences online?

You could use the information to inform future discussion topics and suitable advice to give in order to support the young people.

How to post positively

Using **Appendix 4**, ask the young people to reframe and correct the negative online choices by using positive choices and advice instead. Discuss with them the positive choices we can make online and how we can make these part of our everyday lives.



Moral Compass – Avoiding conflict online

Using **Appendix 4**, print off the compass points and Using **Appendix 3**, print off the moral compass points and put them up around the room. Then read each dilemma below to the young people and ask them to move to the point which best suits how they feel about it. Discuss their reactions to the dilemmas and methods they already use for avoiding conflict or negative situations online. Remind them of the importance of speaking to an adult if something ever worries or upsets them online.

- You receive a mean comment under your picture and respond straight away underneath it.
- Someone sends you a screenshot of someone else's post and makes a joke out of it. You share it on with your other friends.
- You share a joke online but some people don't get it and start to write some angry comments underneath.
- Posting a filtered image



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Appendix 1

Quick activities

How does being online make you feel?

Task: Colour code the online experiences below using the colour which best reflects how they would make you feel. Discuss with others how each of the experiences would make you feel and how you could improve your online experience.

Colour code

Red = Angry **Orange = Worried**
Yellow = Happy **Green = Not affected**

Receiving comments on your pictures within an hour

Someone writing a joke under your picture

Receiving negative comments

Reading the comments section under a news story

Watching a funny video

Receiving no likes on your picture after 20 minutes

Seeing quotes being posted online

Seeing two people argue over comments

Posting something different to what you would normally

Seeing that you have fewer followers than others

Seeing someone share online that they are feeling sad

Posting a picture

Seeing you have a notification on your profile

Changing your profile picture

Getting a message from someone new

Having someone unfriend or block you

Receiving a new friend request

Being included in a tag on a meme

Quick activities

Appendix 2 – Digital myth or digital truth?

Task: Sort the statements below into digital myths or digital truths. Considering whether you think the statements about online life are true or false.

The more followers you have the more popular you are

Everyone is happy online

The internet is a great source of information

If you don't get likes on your picture then you should delete it

If you don't upload a picture then it didn't happen

It's more important how you look online than offline

Emojis help us to communicate feelings online

You can tell when someone is joking online

Everyone loves social media and being online

The internet impacts on your sleep



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Appendix 3a

Quick activities

Moral compass avoiding conflict online

**You can
do it**

**You
shouldn't
do it**



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Appendix 3b

Quick activities

Moral compass avoiding conflict online

**As long as
you don't
get caught**

**What's the
big deal**

Appendix 3c

Quick activities

Moral compass avoiding conflict online

**It's up to you
and no-one
can tell you
not to**

**I don't know
if it's right or
wrong**



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Appendix 4

Quick activities

How to post positively

Task: Read the online choices below and give a suggestion for how they could be improved in order to encourage positive posting.

Instead of this...

Someone writes something mean under your post so you respond and defend yourself straight away

You don't receive any likes on your picture so you delete it

Everyone seems to have more followers than you, so you change your account to public

Everyone's pictures look really good so you start to edit yours before posting

You send your friend a message but they still haven't responded even though they have been online so you get really angry

You see that your friend has shared online that they are feeling down but you ignore it

You see that your friend always gets loads of likes on their pictures so you think you're not as good as them

Try this.....