



'Life Skills'

*Online Relationships
and
Internet Safety and Harms*



Before you post on:



THINK

- T** = Is it true?
- H** = Is it helpful?
- I** = Is it inspiring?
- N** = Is it necessary?
- K** = Is it kind?

ck12.com



Worried about something
you've seen online?

CLICK TO REPORT IT!



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'Life Skills' (RSHE) Curriculum at Mattishall Primary School

Our children live in an ever-changing world. It is important that we keep up to date ourselves as adults to help support our children and keep them as safe as possible. Children have access to the online world through many devices including phones, TVs, tablets etc. Online devices play their part in our modern world and have many positive assets. For it to be a positive part of our lives it is vital that we know what our children are accessing so we can judge if it is age appropriate and so we know who they are communicating with and what they are viewing. We also want to give the children the tools to know what to do if at any time they do not feel comfortable with something they have seen/heard online or do not feel safe. During our annual needs assessment all stake holders who contribute continue to highlight the need for awareness on being safe online including the children themselves.

The theme for this year's Safer Internet Day is, 'Smart tech, safe choices - Exploring the safe and responsible use of AI'.

This leaflet gives you the information on what we teach in each year group. It also has supporting websites for you to visit and suggested children's books.

Our school prides itself on delivering effective, age-appropriate Life Skills (RSHE) that meet the needs of all our pupils within an inclusive and supportive learning environment, using non-biased resources. RSHE is taught by experienced and skilled teaching staff who are committed to preparing your child to live and learn safely in the modern world; negotiating the transition into increasing independence with the development of knowledge, values and skills to make positive, healthy and safe choices.

Our 'Life Skills' teaching delivers a 'spiral curriculum' that enables pupils to build on prior learning by revisiting some themes in subsequent years to further develop knowledge, values and skills in an age and stage appropriate manner.

Please contact the school if you would like to discuss our 'Life Skills' curriculum on an individual basis. We welcome any suggestions or updates from yourselves that address the current needs of our children including any useful resources. Please contact Mrs Findlay via the office email or in person.

Continue to keep updated and stay safe online. Please remember it is ok to ask for help and support. As a school we are here for you all.

Yours sincerely,

C Findlay

Mrs Findlay
(Deputy Headteacher, Designated Safeguarding Lead & Life Skills subject Lead)

Safer Internet Day 2026 is a fantastic opportunity to have a conversation with your child about life online.

Use the questions below to help start discussions about how we can all use the internet safely, respectfully, responsibly, and positively when gaming and spending time online.

Start the conversation on a positive note:

- ❓ What do you like most about the internet and why?
- ❓ How do you have fun using the internet and technology?
- ❓ What's your favourite game, app or website?
- ❓ How does going online make you feel?
- ❓ How does the internet and technology make your life better?
- ❓ Do you most enjoy going online alone, or with other people?



48% of parents believe that their children know more about the internet than they do and **73% of children** agree

19% of children, aged 10-15-years-old, exchanged messages with someone online who they never met before in the last year.

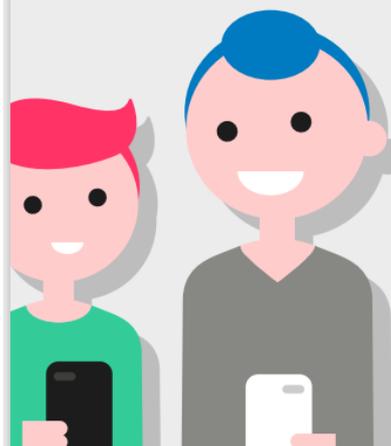
Need to brush on up on your online safety this school year?

We've got information, advice and support to help you get up to speed on all the big issues around children and technology. Showing you the best ways to keep them safe online, whatever they're doing.

Source: Pace of Change Report Research focused on how parents and children differ in their use of the internet December 2015

internet matters.org

Learn about it/talk about it/deal with it



RSHE Curriculum 2020

By the end of Primary School . . .

<p><i>Online relationships</i></p>	<p>Pupils should know</p> <ul style="list-style-type: none">• that people sometimes behave differently online, including by pretending to be someone they are not.• that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.• the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.• how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.• how information and data is shared and used online.
<p><i>Internet safety and harms</i></p>	<p>Pupils should know</p> <ul style="list-style-type: none">• that for most people the internet is an integral part of life and has many benefits.• about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.• how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.• why social media, some computer games and online gaming, for example, are age restricted.• that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.• how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.• where and how to report concerns and get support with issues online.



RSHE (Life Skills) Curriculum Overview - Progression of skills January 2020

Curriculum Extras may include: Road Safety, financial literacy, enterprise, charities (Including FOODBANK, NSPCC, Comic Relief), school council, sun safety, fire safety, Friendship Squad, after school clubs, play leaders, police support; knife crime, county lines, stranger danger, anti-social behaviour, prevent. Other curriculum subjects: Computing, RE and PE (REAL PE/GYM, Dance, athletics).

Area of Learning	R	1	2	3	4	5	6
<p>Online relationships/ Internet safety and harms</p>	<p>Pupils understand what being online may look like, the different feelings they can experience online and how to identify adults who can help.</p>	<p>Pupils understand that photos can be shared online, the importance of seeking permission before sharing a photo and how to identify and approach adults who can help.</p>	<p>Pupils understand that people online may try to manipulate others, how this can make someone feel and how to identify and approach adults who can help.</p>	<p>Pupils can identify the difference between secrets and surprises, knowing when it is right to break a confidence and share a secret, including within an online context.</p>	<p>Pupils have the knowledge, skills and confidence to understand and navigate online risks linked to social media.</p>	<p>Pupils have strategies for keeping safe online, knowing that personal information, including images of themselves and others, can be shared without their permission.</p>	<p>Pupils can consider a range of information that is acceptable and unacceptable to share online, knowing how to get help if needed.</p> <p>Pupils can recognise how images in the media, including online do not always reflect reality and can affect how people feel about themselves.</p>

What is age appropriate?

Age appropriate refers to a **developmental concept whereby certain activities may be deemed appropriate or inappropriate to a child's "stage" or level of development.** ... Although every child develops in a unique way, all children are expected to interact with their environment at an age-appropriate level.

If you are unsure if your child is viewing/playing please check the packaging for recommend ages. We would also recommend that you use the Common Sense Media platform.



<https://www.commonsensemedia.org/>

Reporting online abuse:

If a person sends threatening, abusive or offensive messages via any social networking site, they could be committing an offence.

Here is some Government guidance.

<https://www.gov.uk/guidance/understanding-and-reporting-online-harms-on-your-online-platform>

You can report harassment, malicious messaging or distribution of private sexual images without consent online or by calling us on 101. We will be able to confirm whether an offence has been committed, based on the full facts and your individual situation.

Here is some guidance from the Metropolitan Police

<https://www.met.police.uk/advice/advice-and-information/har/harassment-on-social-media/>

Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to one of CEOP's Child Protection Advisors (The Child Exploitation and Online Protection)

<https://www.ceop.police.uk/Safety-Centre/>

Parental Control:

The online world gives us access to a huge amount of information and services, but the scale of information available also means that there is content that is inappropriate for children. What is or isn't appropriate is up to individual parents and carers to decide, and could be based on things like age, ability, beliefs and family values. Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices.

Parental controls can help you to:

- plan what time of day your child can go online and how long for
- create content filters to block apps that may have inappropriate content
- manage the content different family members can see.

More information on setting up parental controls can be found here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

Some useful websites to support online safety:

<https://www.childnet.com/parents-and-carers/>



<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://saferinternet.org.uk/>



<https://www.thinkuknow.co.uk/>

<https://www.parentsprotect.co.uk/internet-safety-links.htm>



<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

<https://www.common sense media.org/>



<https://www.ceop.police.uk/Safety-Centre/>

Books can be a great way to start a conversation with your child. Here are some suggested books to support online safety:

