

Lesson number and title	Strand	Objectives	Overview
1. The internet – good bits and bad bits	Relationships Education Health Education	To recognise that for most people the internet is an integral part of life and has many benefits. To recognise 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. To understand that people sometimes behave differently online, including by pretending to be someone they are not. To recognise ways in which the internet and social media can be used both positively and negatively.	Pupils consider the pros and cons of the internet by looking at the huge advantages of technology, but also its potential dangers. They think about the ways in which they use the internet and reflect on how older people – for whom it might be very new – may view it.

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2. It's private!	Relationships Education	To understand the importance of keeping personal information private. To understand how information and data is shared and used online. To understand that people sometimes behave differently online, including by pretending to be someone they are not. To learn about the concept of privacy and the implications of it for both children and adults, including that it is not always right to keep secrets if they relate to being safe. To learn how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. To learn about some of the different ways information and data is shared and used online, including for commercial purposes. To learn about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. To recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images.	Pupils consider the concepts of privacy and secrecy. They learn about what constitutes personal information and why it should be kept private online as well as in the real world. They learn how to create and maintain safe passwords.

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3. Friends forever!	Relationships Education	To learn how to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met. To understand that the same principles apply to online relationships as to face-to-face relationships, such as the importance of respect for others online, including when we are anonymous. To understand what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). To learn about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.	Pupils start by reiterating how friends should treat each other and then consider whether they should apply the principles of face-to-face friendship to friends online. In groups, they consider a number of statements about either real or online friends and decide whether they agree or disagree with the statements.
4. It's playtime!	Health Education	To know 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. To know why social media, some computer games and online gaming, for example, are age restricted. To recognise ways in which the internet and social media can be used both positively and negatively.	This lesson helps pupils to consider the amount of time they spend online and which games and films are appropriate for them. They learn about the classification system for films and games and react to a story about a boy who spends too much time playing online games, suggesting ways to persuade him to change.

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5. Safety online – our advice	Relationships Education Health Education	To know about the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. To know where and how to seek support, including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions. To learn where and how to report concerns and get support with issues online. To learn how to ask for advice or help for themselves or others, and to keep trying until they are heard. To learn how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results.	This lesson assesses pupils' understanding of the topic through asking them to share advice about online safety with their peers. They work in groups to prepare posters about online safety, then complete a self-assessment sheet about the posters. The assessment sheet is also completed by their peers.