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| <p><b>Task 1: Explore -Be in the know!</b><br/>Hold a family meeting: Show and tell!<br/>-What devices do you like to use?<br/>-What do we like playing?<br/>- How much time do you spend on your devices?<br/><b>Video activity:</b> Do you know how to stay safe on your devices? <a href="https://www.youtube.com/watch?v=aMSHtE42mml">https://www.youtube.com/watch?v=aMSHtE42mml</a>.</p>                     | <p><b>Task 2: Safety skills – Watching videos</b><br/>Watch video: Jessie and Friends Ep1<br/><a href="https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/">https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/</a>.<br/><b>Question time:</b> What do we need to be careful of when watching videos?<br/>Safe way to watch videos? If we see something that makes us feel different who can you tell?<br/>Complete the <a href="#">storybook activities</a>.</p> | <p><b>Task 3: Safety skills – Sharing photos</b><br/>Watch video: Jessie and Friends Ep2<br/><a href="https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/">https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/</a>.<br/><b>Question time:</b> Why should we careful who we send pictures to? What should we do before sending photos? Who to tell if we experience it?<br/>Complete the <a href="#">storybook activities</a></p> | <p><b>Task 4: Safety skills –Playing games</b><br/>Watch video: Jessie and Friends EP3<br/><a href="https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/">https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/</a>.<br/><b>Question time:</b> Why is it important to only talk to people that we know?<br/>Who can you tell if strangers talk to you?<br/><br/>Complete the <a href="#">storybook activities</a></p> |
| <p><b>Task 5: Safety skills -Think before you share!</b><br/>Play the game: Mindful mountain.<br/>Safe to share scenarios fire them to share or to safety.<br/><b>Reflect:</b> What is personal information? What is safe to share? How can I check what is safe to share?<br/><a href="https://beinternetawesome.withgoogle.com/en_us/interland">https://beinternetawesome.withgoogle.com/en_us/interland</a></p> | <p><b>Task 6: Safety skills – Being kind online</b><br/>Play the game: Kind Kingdom<br/>Block and report the bullies, share kindness to those that need it.<br/><b>Reflect:</b> Why is it important to be kind?<br/>If we experience unkind behaviour online what can we do?<br/><a href="https://beinternetawesome.withgoogle.com/en_us/interland">https://beinternetawesome.withgoogle.com/en_us/interland</a></p>  | <p><b>Task 7: Safety skills – Privacy online</b><br/>Play the game: Privacy tree of treasure<br/>Collect personal information to secure it and keep it safe.<br/><b>Reflect:</b> What is personal information? How can you keep it secure?<br/><br/><a href="https://beinternetawesome.withgoogle.com/en_us/interland">https://beinternetawesome.withgoogle.com/en_us/interland</a></p>  | <p><b>Task 8: Safety skills – Critical thinking</b><br/>Play the game: Reality River<br/>Cross the river by completing the safety challenges.<br/><b>Reflect:</b> Why should we not believe everything that we see?<br/><br/><a href="https://beinternetawesome.withgoogle.com/en_us/interland">https://beinternetawesome.withgoogle.com/en_us/interland</a></p>   |
| <p><b>Task 9: Safety skills – Blocking and reporting</b><br/>Watch the video: Block him right good Alfie<br/><a href="https://www.thinkuknow.co.uk/8_10/watch/">https://www.thinkuknow.co.uk/8_10/watch/</a><br/><b>Question time: If someone is unkind to you online what can you do?</b> Why is privacy important? What is the risk of talking to people that you do not know?</p>                               | <p><b>Task 10: Safety skills – Keeping information safe.</b><br/>Watch the video: Who’s Magnus?<br/><a href="https://www.thinkuknow.co.uk/8_10/watch/">https://www.thinkuknow.co.uk/8_10/watch/</a><br/><b>Question time:</b> Why do we need to be careful with who we share our personal information with?</p>   | <p><b>Task 11: Safety skills – Don’t believe everything that you see online?</b><br/>Watch the video: They have fans, we have friends?<br/><a href="https://www.thinkuknow.co.uk/8_10/watch/">https://www.thinkuknow.co.uk/8_10/watch/</a><br/><b>Question time:</b> Why is it important that we do not believe everything that we are told? Why should we be aware of talking to people that we do not know?</p>  | <p><b>Task 12: Safety skills game.</b><br/>Play the game: Bandrunner.<br/><br/><a href="https://www.thinkuknow.co.uk/8_10/about/">https://www.thinkuknow.co.uk/8_10/about/</a><br/><br/>Collect the stars and answer the E-safety questions to progress.</p>   |



Manchester Local

# Healthy Schools - Online Safety skills sessions (Primary)

lives in Manchester, with you



Healthy Schools  
MANCHESTER

**Links:**

Childnet Family conversation and agreements :<https://www.childnet.com/ufiles/Family-Agreement.pdf>

Think U Know home school activity packs: <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Google Be Internet Legends online safety family activity packs: [https://beinternetlegends.withgoogle.com/en\\_uk/parents](https://beinternetlegends.withgoogle.com/en_uk/parents)

**Task 13: Safety skills – Critical thinking**

Read the eBook: Digiduck’s Famous Friend

<https://www.childnet.com/resources/digiduck-stories/digiducks-famous-friend>

**Question time:** Why was Digiduck excited to go to school in the morning? Why does the mystery guest not answer Proud Pig’s question? Why were Digiduck and his friends surprised to see Wise Owl on the stage?

**Task 14: Safety skills – Critical thinking**

Read the e-book: Digiduck’s Big Decision

<https://www.childnet.com/resources/digiduck-stories/digiducks-big-decision>

**Question time:** What was Digiduck’s big decision? Why did Digiduck decide not to send the photo in the end? Why did Digiduck want to send the photo that he received of Proud pig to his friends?  
How can you be a good friend to others on the internet?

**Task 15: Safety skills – Critical thinking**

Watch the SMART CREW movie.

<https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/watch-full-movie>

**Question time:** What should you accept? What is reliable? What should you keep safe? Who should you tell?

Follow up activities: <https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/smart-crew-guidance-and-activities>.

**Task 16: Safety skills: Screen time and a healthy balance.**

These quick activities around screen time help children and young people to think about the risks of increased exposure and time spent online, spotting the signs of being online too long and how to manage time.

Access activities here: <https://www.childnet.com/ufiles/Screen-Time-and-Healthy-Balance-Quick-Activities.pdf>

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| <p><b>Task 17: Poster Activities</b></p> <p>Based on what skills and knowledge has been learnt create posters on the following:</p> <ul style="list-style-type: none"> <li>- Being Kind online</li> <li>- Being Share aware online</li> </ul>  | <p><b>Task 18: Create a family agreement</b></p> <p>Following your skills sessions create a family agreement on the safe and healthy use of the internet at home. (Screen time, apps and games allowed, seeking permission etc)</p> <p><a href="https://www.childnet.com/ufiles/Family-Agreement.pdf">https://www.childnet.com/ufiles/Family-Agreement.pdf</a></p> | <p><b>TASK 19: Skills test: What would you do?</b></p> <p>Several online scenarios are given. A response to the scenarios is to be chosen using the Choice wheel. Access the activity via the following link:</p> <p><a href="https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/smart-crew-guidance-and-activities">https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/smart-crew-guidance-and-activities</a>.</p> <p>-Select Guidance and activities and download the choice wheel activity.</p> | <p><b>Task 20: Skills test: SMART RULES QUIZ</b></p> <p><b>Put all newly learnt knowledge and skills to the test and complete the SMART RULES QUIZ!</b></p> <p><a href="https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/are-you-smart-online-quiz">https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/are-you-smart-online-quiz</a></p> |
| <p><b>Links:</b></p> <p>Childnet online activities: <a href="https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home">https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home</a></p> <p>Internet matters online activities and home resource packs: <a href="https://www.internetmatters.org/schools-esafety/primary/">https://www.internetmatters.org/schools-esafety/primary/</a></p> <p>Internet matters Well-being apps for kids: <a href="https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/">https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/</a></p> |  |  |  |