

Year 3 Chat It: Lesson 2

Trust Tips



Lesson Objective	To know what to do when we feel uncomfortable or upset by familiar or unfamiliar people.
Success Criteria	<ul style="list-style-type: none">• I am aware that there is a possibility of meeting unfamiliar people online and face to face.• I know that both familiar and unfamiliar people can make me feel uncomfortable or upset.• I know that when I feel uncomfortable or upset online I should stop, log off and communicate to a trusted adult.
National Curriculum	<p>Computing:</p> <ul style="list-style-type: none">• Identify a range of ways to report concerns about content and contact. <p>RSE:</p> <ul style="list-style-type: none">• Pupils should know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.• Pupils should know where and how to report concerns and get support with issues online.
Framework Links	<p>UKCIS/Education for a Connected World:</p> <ul style="list-style-type: none">• I can explain some risks of communicating online with others I don't know well.• I can explain why I should be careful who I trust online and what information I can trust them with.• I can explain why I can take back my trust in someone or something if I feel nervous, uncomfortable or worried.
Resources Required	<ul style="list-style-type: none">• Trust Tips Worksheet



Think

Sometimes when we are **online** we might have the opportunity to talk to someone who we don't know, someone who is not familiar to us. When might this happen?

Discuss and explore the positives and negatives associated with this.

We can identify our friends and family through their avatars, profile pictures and screen names. We will also see the avatars, profile pictures and screen names of people we don't know. How will we know they are real? How will we know if we can trust them?

Ask pupils to share and discuss their ideas.



Discuss

Gem wasn't playing online games as much now that she was training for triathlons. She loved taking part in them and she had learnt about the benefits of exercising through school. However, during PE on Tuesday she hurt her ankle so she had no choice but to rest for a week!

While resting she created some crafts, she read her favourite books and she decided to play some online games. They weren't as fun though because none of her friends were online, they were all at school.

She continued to play though, out of boredom! While playing, a chat prompt flashed up on her screen. 'Hey, want to try and complete the level together?'. Gem looked at the other player's profile, their avatar looked funky and their screen name was one she had never seen before. Surely this person could be trusted?

Gem thought for a moment. It would be fun to play with someone until her friends returned from school, but then she remembered what she had agreed with her parents, she could only play with someone once her parents had checked them out and had given permission. Her minder was with her today. She simply didn't reply. She logged out and she would speak to her parents when they got home.

Later that day when Gem's mum returned home from work, Gem asked her about playing with the unfamiliar person. Gem's mum was pleased she had asked permission. After dinner, Gem's mum took a look and watched her playing. She was happy for Gem to continue playing with the unfamiliar person.

A few weeks later the unfamiliar person started to make Gem feel uncomfortable. If Gem failed to complete a task in the game or failed to collect all the coins for one of the trophies the unfamiliar person would send rude messages. Messages like 'you're rubbish' and emojis like the thumbs down and the angry face.



Gem tried to ignore it but it didn't stop. Then she remembered what she had learnt. She stopped what she was doing, she **logged off** and she spoke to her mum. Her mum was happy she had spoken to her, she blocked the unfamiliar person.



Do

Let's discuss!

Gem had asked for permission and her mum had checked out the unfamiliar person. Everything was great; Gem had so much fun playing with her new online gaming buddy. Then after a few weeks, everything changed. Gem started to feel uncomfortable and upset. What happened? Why had her gaming buddy changed?

Ask pupils to share and discuss their ideas.

Poll Time!

Explain to pupils that they need to answer the question honestly. They could raise their hands, use whiteboards or voting cards. On the following slides, decide if you can trust the person mentioned.

A friend from class

Trust Could make me uncomfortable or upset

An online pen friend that your teacher has arranged for you

Trust Could make me uncomfortable or upset

A cousin in America

Trust Could make me uncomfortable or upset

An unfamiliar person that flashes up during online games

Trust Could make me uncomfortable or upset

Share and discuss poll answers. Point out that even trusted/familiar people can make us feel uncomfortable at times. Give the example of falling out with a friend. For this reason, it's very important for us to speak to a **trusted adult** if we ever feel upset or uncomfortable by what someone says or does, both familiar and unfamiliar.



Share

Create a poster to remind others that they should stop, log off and talk to someone if they feel uncomfortable online.

Using the Trust Tips Worksheet, ask pupils to design a poster that could be displayed somewhere in the school.



Reflect

If we are made to feel upset or uncomfortable by someone unfamiliar or familiar we need to stop all communication, log off and speak to a trusted adult. Even familiar people can change from time to time.

Quiz Time!

Explain to pupils that they need to answer the question honestly. They could raise their hands, use whiteboards or voting cards. Once all pupils have voted, click on the option that was most popular and follow the prompts on screen.

Is there ever a possibility of meeting someone unfamiliar online?

Yes

No

Familiar people will never make me feel upset or uncomfortable online.

True

False

If I ever feel upset or uncomfortable by someone's words or actions online I should...

...IGNORE - STAY ONLINE - KEEP IT SECRET

...STOP - LOG OFF - TALK

...PAINT - JUMP - SING

If I feel upset or uncomfortable online who should I talk to?

My friend

The person upsetting me

A trusted adult

Which of the following is not an example of a trusted adult?

My class teacher

An adult whom I met online

My parent or carer

If you fall out with your best friend and they make you feel uncomfortable online, should you speak to a trusted adult?

Yes - you should always talk to a trusted adult when you feel upset or uncomfortable

No - it is your best friend and you should never tell on your best friend

Now for Nattercalm... Complete a 1-minute activity with Nattercalm. You could ask pupils to think about the reflective statement, close their eyes for 1 minute to refocus them after using a screen, or to look out of a window to get more middle-distance muscles working.