Relationships

Lesson 1- Recognising me

Lesson 2 – Safety with Online Communities

Lesson 3 – Being in an Online Community

Lesson 4 – Online Gaming

Lesson 5 – My Relationship with Technology: screen time

Lesson 6 – Relationships and Technology

Prior knowledge

I know how it feels to belong to a range of different relationships and identify what I contribute to each of them.

I know how most people feel when they lose someone or something they love

I know and use some strategies for keeping myself safe.

I know who to ask for help if I am worried or concerned.

I know how to express my appreciation to my friends and family.

Sticky learning

New Knowledge	New Skills
I know that there are rights and responsibilities in an online community or social network	I can suggest strategies for building self-esteem of themselves and others
I know that there are rights and responsibilities when playing a game online	I can identify when an online community/social media group feels risky, uncomfortable, or unsafe
I know that too much screen time isn't healthy	I can suggest strategies for staying safe online/ social media
I know how to stay safe when using technology to communicate with friends	I can say how to report unsafe online/social network activity
I know that a personality is made up of many different characteristics, qualities and attributes	I can identify when an online game is safe or unsafe
I know that belonging to an online community can have positive and negative consequences	I can suggest ways to monitor and reduce screen time
	I can suggest strategies for managing unhelpful pressures online or in social networks

New concepts

To know how to keep building my own self-esteem.

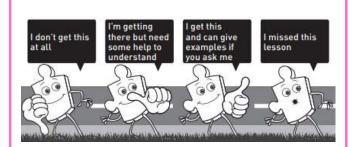*To know how to stand up for myself and how to negotiate and compromise.*

To know how to make new friends and how to manage when I fall out with my friends.

To know the risks of using the internet.

Hello
I'm Jigsaw Jez

| I don't get this at all | I'm getting there but need some help to understand | I get this and can give examples if you ask me | I missed this lesson |

Thinking/discussion questions

- How to build my self-esteem.

- How online communities may be unsafe, uncomfortable, helpful or unhelpful to me.

- Online games and how they may be unhelpful or unsafe.

- Screen time and how I can look after my health.

- How to resist pressure to use technology in a way that may be risky or harmful towards others.

Vocabulary

- grooming
- self esteem
- troll
- personal qualities
- trustworthy
- online / offline
- community
- age restriction
- risky
- characteristics
- privacy
- settings
- peer pressure
- influences
- attributes
- responsibility
- rights
- appropriate
- gambling/betting
- mental health
- physical health