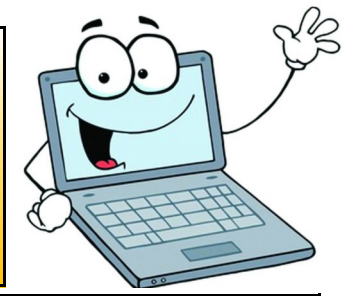




Respect, Believe, Achieve

# Year 3 Aiming High

## Internet Safety, Respectful Relationships and Mental Wellbeing



### Websites and Signposting

[NSPCC website](#)—Information—Bullying and Cyberbullying

[BBC Bitesize](#)—Trolls and Bullies—Videos and Information




[What's the big idea](#)—Videos on various emotions

### What do I already know?

- 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. (Y1)
- Why social media, some computer games and online gaming, for example are age restricted. (Y2)
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
  - How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. (Y2)
- How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. (Y2)

### Key Words

<b>Mental Health</b>	How you feel and behave about yourself and the world around you.
<b>Wellbeing</b>	The state of being comfortable, happy or healthy
<b>Bullying</b>	Bullying is behaviour that hurts someone else physically or emotionally. In real life or online (cyber bullying)

Key Skills	
	<b>Identify</b> – can identify if and when the internet is becoming a negative place and how to respond to this.
	<b>Empathy</b> – can empathise with own and other’s emotions, understanding what can cause these.
	<b>Respect</b> – can respect others’ feelings by not participating in unkind behaviour in real life or online.



Key Knowledge
<ul style="list-style-type: none"> <li>• That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have negative impact on mental health.</li> <li>• Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</li> <li>• That there is a normal range of emotions (eg. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</li> </ul>

### Here’s what I will know/be able to do by the end

1. I understand that the internet has a negative side and know what to do when I am unhappy with my online experience.
2. I know about different types of bullying and know how to get help if I see it happening.
3. I can recognise the range of emotions I might feel day to day and how to respond appropriately to these.