



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

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

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



Key Knowledge
<ul style="list-style-type: none"> • 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. • Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. • 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.

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.