



Respect, Believe, Achieve

Year 6 Aiming High

Online Relationships and Mental Wellbeing



Websites and Signposting
Net Smartz Kids —Videos, games, activities, information about keeping safe online
BBC Bitesize —Various videos to support mental health issues
Young Minds —Support for children and families with mental health issues

What do I already know?

- 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. (Y3)
- Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. (Y3)
- Where and how to report concerns and get support with issues online. (Y4)
- That people sometimes behave differently online, including by pretending to be someone they are not. (Y4)
- That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. (Y5)

Key Words

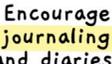
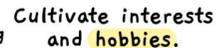
Wellbeing	The state of being comfortable, happy or healthy.
Mental Health	How you feel and behave about yourself and the world around you.
Bullying	Bullying is behaviour that hurts someone else physically or emotionally. In real life or online (cyber bullying).

Key Skills	
	Identify – How to keep safe online including content and relationships.
	Respect – Consider which data is shared online about yourself and others.
	Identify - How to support mental wellbeing.

Key Knowledge
<ul style="list-style-type: none"> • The rules and principals for keeping safe online, how to recognise risks, harmful content and contact and how to report them. • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • How information and data is shared and used online. • The benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness. • Simple self care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.

Self-Care & Mental Health

for Kids

-  Share your own feelings to **encourage** self-awareness.
-  Find social groups that help them feel like they **belong**.
-  Focus on articulating **feelings**.
"I am angry."
"I am sad."
-  Set aside time for **low-stress** or solo activities.
-  Practice **self-care** for yourself to set the standard.
-  Encourage **journaling** and diaries.
-  Encourage your child to focus on the **moment**.
-  Establish a **self-care** routine.
-  Recognize **toxic stress** events.
-  BlessingManifesting
-  Cultivate interests and **hobbies**.

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

1. I know how to stay safe online and report harmful content.
2. I can identify the risks when making online relationships.
3. I know how information is shared online and how to keep myself safe when sharing this.
4. I understand there are ways that I can support my mental wellbeing.