

Lockdown RSHE Lessons – Online Safety & Safer Internet Day – KS3 & 4

Safer Internet Day 2021 takes place on **9th February**.

The theme this year in the UK is **An Internet We Trust: Exploring Reliability in the Online World**, which fits in with the global Safer Internet Day slogan **Together for a Better Internet**.

Below are links to access lesson plans and resources for home learning that may help encourage pupils to consider their safety online and be aware that not all information on the internet is reliable. There are also some resources for parents/carers to accompany the home learning and a section with links to guidance for education staff about safer home learning and PSHE.

The resources listed below are all produced by reputable organisations but the School Health & Wellbeing Project has not assessed them and it is important that schools review them before use to ensure they are suitable for their pupils

Safer Internet Day 2021

Lesson plans and materials, teachers' guides, assemblies and guides for parents which have been adapted for use remotely.

[Key Stage 3](#)

[Key Stage 4](#)

[Educators Guide](#)

[Family Activities and Guidance for Parents and Carers](#)

Childnet – Online Safety Activities for Home Use

Teaching resources about online safety that have been adapted for use at home. The resources are ideally used with the involvement of parents and carers if possible.

[Advice for Parents and Carers](#)

[Key Stage 3 including suggestions for Parents and Carers](#)

[Key Stage 4 including suggestions for Parents and Carers](#)

Every Mind Matters – Social Media

Lesson plans, videos and activities produced by Every Mind Matters to help pupils explore social media, evaluate how social media might impact wellbeing and understand the importance of balancing online and offline activity. Some of the activities will need adapting for remote use.

[Year 6](#)

[Key Stage 3 and 4](#)

Children's Commissioner – Digital 5-a-Day

Practical tips and a video to give pupils and parents easy to follow, practical steps to achieve a healthy and balanced digital diet. Most suitable for upper key stage 2 and key stage 3 pupils.

[Digital 5-a-Day](#)

Guidance about Online Safety for Parents and Carers

[CHILDNET: Resources for parents and carers to help keep children safe online](#)

[CHILDREN'S COMMISSIONER: Digital safety kit for parents](#)

[CEOP PARENT ZONE: Resources for families, to help them meet the challenges of the digital age.](#)

[NATIONAL ONLINE SAFETY: Free online safety app for parents and carers](#)

[THINK U KNOW: Advice for parents & carers about keeping their children safe online](#)

[UK SAFER INTERNET CENTRE: Advice for keeping children happy and safe online while learning at home](#)

[Guidance for Educators about Safer Remote Teaching and Learning](#)

[DFE: Remote Education guidance and good practice](#)

[INEQE SAFEGUARDING HUB: ABC of video conferencing for education](#)

[LONDON GRID FOR LEARNING \(LGfL\): Twenty safeguarding considerations for lesson live streaming](#)

[NSPCC: Guidance for undertaking remote teaching safely](#)

[PSHE ASSOCIATION: Adapting PSHE lessons for home learning](#)

[PSHE ASSOCIATION: Guide for PSHE leads in the event of school closures](#)