



# OpenView Education

TRAINING THROUGH THEATRE

Internet Safety Lesson Plan  
Who Is It Really? (KS2)

# Who Is It Really? (KS2)

## Students Will...

- ★ Students will understand the risks posed by speaking to people they don't know online.
- ★ Students will learn the 'Red Flags' to watch out for during online chat.

### Resource List:

- ✓ Strangers Online PowerPoint.

## Introduction (10 minutes)

### Explain:

Ask the students if they use the internet to talk to other people online and what platforms or games they do this on. Ask them if they know if it's possible for people they don't know in person to contact them directly on these platforms.

*'The internet allows us to chat to a lot of people online, and it's easy for people who have never met in real life to talk online. This can be interesting, but there are people out there who are not to be trusted. We'll be learning how we can spot these people today.'*

You can check the students' understanding by asking...

*'How do you know if you can trust someone you are talking to online?'*

*'How can you tell if someone is not to be trusted online?'*

## Who is it Really? (15 minutes)

Explain to your students...

*'It's easy for people to pretend to be someone they are not whilst they are using the internet. We can keep ourselves safe by looking out for these Red Flags.'*

Display the 'Red Flags' on the PowerPoint and read through them with your students.

- ★ They are asked to move to a different platform to chat.
- ★ They are asked to livestream with someone who says their webcam is broken.
- ★ If they are gifted something from someone they don't know. Such as online currency.
- ★ If they are asked for personal information.
- ★ If they are asked for pictures or videos of themselves of any kind.
- ★ Lots of compliments.
- ★ They are being asked to keep the chat secret.
- ★ If someone starts asking them lots of questions.

Ask your students...

*'If we notice any of these Red Flags what can we do?'*

Get suggestions from the students. Make sure you mention the possibility of...

- ★ Speaking to your parent and carer about the interaction.
- ★ Blocking the person.
- ★ Saying "I can't, I'm sorry."

## Conclusion

To conclude this part of the lesson ask your students some questions to review their learning

- ★ What are some of the 'Red Flags' that let us know someone we're talking to may not be trustworthy?
- ★ What do we do if we notice one of these Red Flags?
- ★ What are some of the differences between talking to someone face to face and talking to them online?

### Extension Task: Online Friends & Offline Friends.

Objective: To understand that online friends are not always who they say they are and that they may not be trustworthy.

This activity helps students to think about their different friends and categorise them into Offline Friends, Offline and Online Friends or just Online Friends.

The aim of the exercise is to list the friends that fit into each category. Use the [Online Offline Friends Resource](#) which can be found at the end of this Lesson Plan. You can have students write down the names of the people they know that fit into each category.

Once students have completed their resource sheet, discuss the differences between the groups. In the discussion you can highlight:

- ★ How little we may know about any 'online only' friends.
- ★ People can pretend to be someone they're not when online.
- ★ People can behave differently online than they would in real life.
- ★ If you haven't met someone face to face they are still a stranger and should be treated as such.
- ★ You should never meet up with an 'online only' friend.



## Internet Safety Lesson Plan Social Media (KS2)

# Social Media (KS2)

## Students Will...

- ★ Understand the challenges of managing online friendships.
- ★ They will discuss how they can better manage these challenges.

### Resource List:

- ✓ Social Media PowerPoint.

This part of the lesson plan is suitable for Years 4 – 6. Year 3 teachers can also make use of the KS1 Lesson Plans.

## Introduction (10 minutes)

Explain that you will be talking about social media, and how we can make the most out of online communication whilst staying safe. You can outline the expectations for the session, explain that you want the students to share their experiences of using the internet.

Show the Slide: *Do you use the internet to talk to people online? What platforms or games do you use to talk to people online?*

Have your students discuss in pairs or groups, then get them to share their ideas.

Ask your students...

*'Why do people like using social media?'*

## Online Friendships (20 minutes)

Explain:

Show the Slide:

*'Research shows that young people sometimes find managing their online friendships very stressful and can make them feel anxious.'*

Ask your students...



*'Why do you think this is?'*

Get your students to discuss in pairs or small groups then get their ideas. Write down their suggestions.

*Slide: Online Worries: What Young People are Worrying About.*

Explain:



*'Talking with someone online is different to talking to someone face to face.'*

*'Did you know that research shows that managing their online friendships is what young people find most stressful about the internet?'*

‘Research shows that young people worry about things such as...

- ★ Hearing back from someone after they have sent them a message.
- ★ 78% of young people said it was important to them that they hear back straight away when they send someone a message.
- ★ They worry about getting likes or comments if they create an online post.

Ask your students:

*‘Why do you think people worry about these things?’*

Explain:

*‘Did you know that using the internet for chatting and social media a lot can have a negative effect on people?’*

Show the Slide: *It’s been shown that using Social Media a lot has been linked to...*

Ask your students...

*‘Why could chatting online and using social media a lot make people feel sad or upset?’*

Have your students discuss in pairs and then share their ideas. Discuss and write down their ideas. Then go through the possible negative impacts as shown on the PowerPoint.



Show the Slide: *It's been shown that using Social Media a lot has been linked to...*

- ★ Low self-confidence:
- ★ Comparing yourself to other people and then feeling bad. 'Why are they better than me?'
- ★ FOMO: Fear of missing out. 'Why is their life better than my life?'
- ★ Feeling worried and distracted: 'Why haven't they responded to my messages?'

#### EXTENTION ACTIVITY:

You could also discuss how people can be selective about what they choose to share and not share. They might be sharing only the positive parts of their life giving us an unrealistic picture of what their life is like.

Ask...

'Does anyone here have a favourite youtuber?'

Use the examples they give you to explain...

'These people may only share the positive parts of their life. They may choose not to share the difficult parts of their life online.'

Looking at the way that social media can impact people, ask your students:

*'What can we do if we do if we feel like this when using the internet?'*

Come up with some ideas of strategies we could use if we feel using the internet is causing us to feel any of the things above. Write down any ideas. Read through the ideas on the PowerPoint:

- ★ Set time limits to online usage.
- ★ Speak to your parent or carer.
- ★ Speak to a close friend.
- ★ Stop using the app or game completely.

### Activity: Internet & Social Media Fact Sheet (10 minutes)

Get your students to complete the answers on the activity sheet. Explain that the purpose of this fact sheet is to take it home and share what they have learnt with their parents.

Tell them they can ask their parents the questions and see if they know the answers. Once their parents have guessed they can share the correct answers.

## Conclusion

You can arrange to talk to the students at the next lesson once they have done the fact sheet with their parents. Ask your students ...

- ★ What did you find most surprising about what you have learnt today?

# Great job!

We hope you and your students enjoyed these lessons.

We'd love to hear what you thought:



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E: [info@openvieweducation.co.uk](mailto:info@openvieweducation.co.uk)

T: 0207 459 4473

  
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# Online Friends & Offline Friends

A Venn diagram consisting of two overlapping circles. The top circle is labeled 'PEOPLE I ONLY KNOW OFFLINE'. The bottom circle is labeled 'PEOPLE I ONLY KNOW ONLINE'. The intersection of the two circles is labeled 'PEOPLE I KNOW ONLINE AND OFFLINE'.

**PEOPLE I ONLY  
KNOW OFFLINE**

**PEOPLE I KNOW  
ONLINE AND OFFLINE**

**PEOPLE I ONLY KNOW ONLINE**

# Internet & Social Media Fact Sheet

**WRITE YOUR ANSWERS TO THESE QUESTIONS. TAKE THIS SHEET HOME AND TEST YOUR GROWN UP AT HOME!**

1. What do young people worry about most around using the internet?
2. What are some of the negative ways Social Media can affect people?
3. On average how often do people check their phone?
4. How much time per week do people spend online?
5. What are the best ways of reducing the amount of time we spend online?