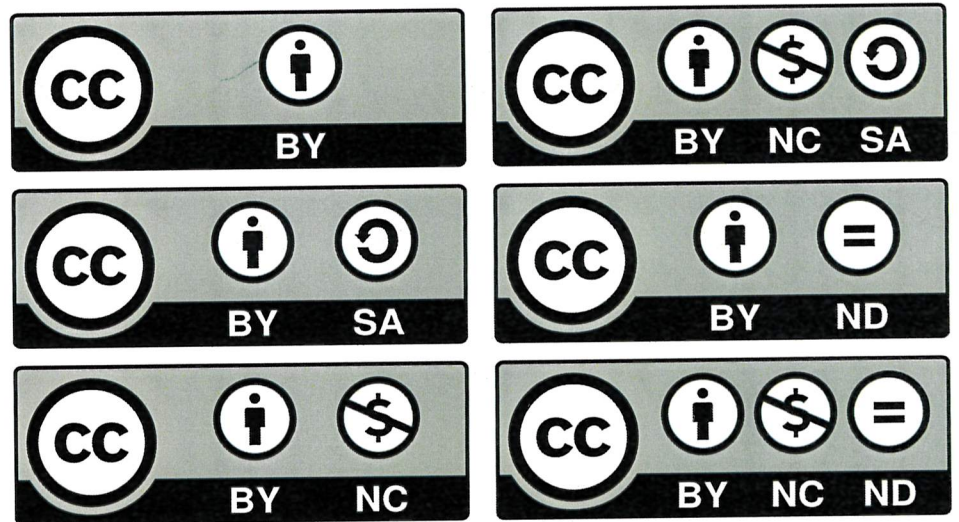


Tuesday 20th September 2022

Nicola Rudge workshop

How do you decide whether you can reuse content you find on the internet?

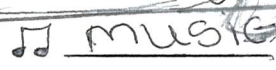
Mrs Rudge talked to the children about the different rights that exist online and showed them the relevant symbols. The children then used this knowledge to search for a range of photographs according to the copyright specification given by Mrs Rudge.




Ways to help My mental health

When I'm Sad

Daily

MUSIC  bad + sweet songs
It helps me calm down and I can release my feelings lol

HOBBIES - ART 
Doing art helps you focus on other things. Abstract art help you create meaning for yourself

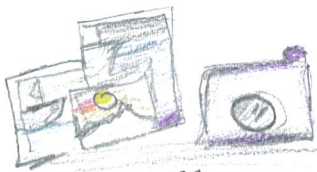
YOGA
Yoga calm yourself and relaxes your brain. Breathing in and out calmly help ALOT!

CHILDLINE
If you don't want to talk to your family members, you can tell CHILDLINE. They will help. 08001111

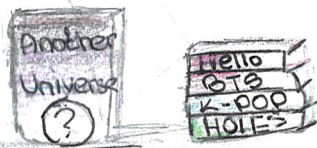
HEALTHY!



PHOTOGRAPHY -hobby



READ



exercise
exercising keeps you physical and mental health good. It make you happy

eat healthy
Too much sugar can cause you to be more sad and increase BLOOD PRESSURE

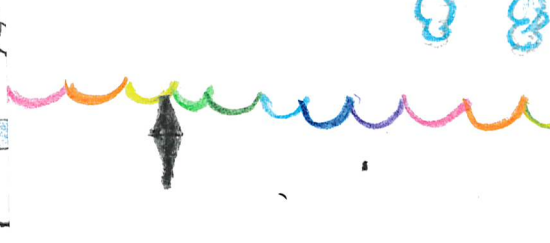
Think positive!
It reduces anxiety and helps your brain to think good everytime.

Fresh air ☺
Getting fresh air cleans your mind and release energy in your body

HOW

YOU

AM



-GO ON THE CHIV at www.childline.org.uk

- Doing Physical E

- TAKE YOUR MIND YOU.

- Write it down.

- LISTEN TO MUSI

- Have a balance

- GET ENOUGH

- Talking to som

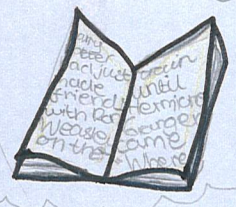


Article 3 (best interests of the child) The best interests of the child must be a top priority in all decisions and actions that affect children.

MENTAL HEALTH



Reading



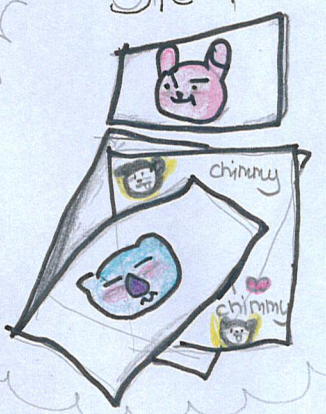
Stroking a



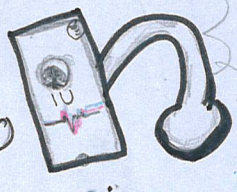
pet



Sleep



Listening



MUSIC

talking to others



smiling



quiet time



OH HELLO
MENTAL HEALTH

CAN:
WEBSITE OR CALL THEM
(800 1111)
or play sports.
SOMETHING THAT WORRIES

It's okay
not to be
okay.



Article 19 (protection from violence, abuse and neglect) Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them.



Article 36 (other forms of exploitation) Governments must protect children from all other forms of exploitation, for example the exploitation of children for political activities, by the media or for medical research.

Safer Internet Day 2023 | Tuesday 7 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

Want to talk about it?

Making space for conversations about life online



Safer Internet Day 2023 | Tuesday 7 February
Coordinated by the UK Safer Internet Centre

Name:65.....

28

No tech or better with tech?

For each of the activities below, discuss as a family: is this better when completed with tech or without tech. For example, would you rather ask a question you have to someone face-to-face, or a voice assistant like Alexa or Siri or Google?

Circle the symbol that best matches your verdict for each one. Different family members could use different colours pens and pencils to show their opinions.

Article 17 (access to information from the media) Every child has the right to reliable information from a variety of sources, and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.

	Better without tech	Better with tech	Undecided
Chatting to friends and family	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Playing games	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Learning and research	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Asking a question	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Getting help & support	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Saying sorry	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Shopping for clothes	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Reflection time

Overall, we prefer to do things...

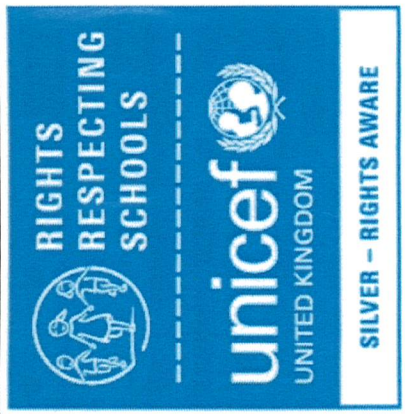
without tech / with tech / no clear winner

We all agreed that... getting help and support was better in person because it feels more personal.

We really disagreed about... shopping for clothes - some prefer personal shopping, others prefer to do it from home.

The most interesting one to discuss was... learning and research. We saw the huge benefits of both.

I changed my mind about... saying sorry. Although easier online, a personal sorry is better.



Our Safer Internet Day Youth Charter, as written by: ...

We want an internet that is... **SAFE**



Article 16 (right to privacy) Every child has the right to privacy. The law should protect the child's private, family and home life, including protecting children from unlawful attacks that harm their reputation.

The government can help achieve this by...

- Carry out greater checks to ensure people are who they say they are.
- Stop scam websites and adverts.

The government can show they're listening to children and young people by....

Demonstrating good behaviour online

The internet industry can help achieve this by...

- Carry out greater checks
 - Stop scam adverts.
 - Ban offenders
 - Require ID for social media
- The internet industry can show they're listening to children and young people by....

Show a commitment to ID checking.

Children and young people can help achieve this by...

- Demonstrate appropriate behaviour online.
- Teaching adults about the dangers online, such as scam emails.

Teachers and professionals working with young people can help achieve this by...

- Demonstrating appropriate behaviour
- Teaching about online safety

Teachers and professionals can show they're listening to children and young people by....

Adapting teaching to needs

Parents and carers can help achieve this by...

- Checking online usage and behaviour
- Giving time limits
- Modelling appropriate behaviours

Parents and carers can show they're listening to children and young people by....

Talking to their children.

Safer Internet Day 2023 - Live Lesson Activity sheet



Activity 2: Design an online safety poster using ideas from the Safer Internet Day Live Lesson.

ONLINE SAFETY!

- Never tell your personal information. Hackers can hack your device.
- Don't go on apps above your age restrictions! They may be inappropriate and affect your mental health.
- Don't post inappropriate things online. It can cause hate towards you!
- Take breaks when playing. I need online rest. Your eyes can get hurt if you don't.
- Never use your own picture. Use unharmsful or cartoon pictures instead. lol
- Don't tell anyone or give you email address! People can find your house!
- If you feel uncomfortable about something online. Tell an adult and ask them for permission.