



Create, connect and share respect: A better internet starts with you!

Wellbeing and healthy relationships

Who has ever...

Liked their
friend's
comment?

Taken a selfie of
you and your
best friend?

Chatted in a
group
message?

Helped a friend
in an online
game?

Think of the 3 friends or family you connect with the most online.



Why do you like spending time with them online?

The internet can give us lots of
great opportunities to connect
with our friends and family

Playing with
our school
friends on
online games
at the
weekend

Using video chat to
talk to family who live
far away

Working
together with
our friends to
get the top
score on a
game

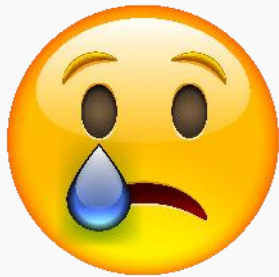
Messaging our friends
about a new band we
think they would like

Sending our best friends
a photo we took together



When you say or do things online that make others **happy**, how does it make **you** feel?

Unfortunately, sometimes when we're online, we might see or receive things that are **UNKIND** or **UPSETTING**.



We all have different things that we are interested in, or make us laugh, and we all find different things upset us, or make us angry.



Sometimes when we are online it's hard to tell what will upset someone and what will make them laugh.

When we communicate using the internet we can't be sure if other people will always understand what we mean, because...

We can't always use body language or facial expressions.

In a message you can't always express your tone of voice

We might find something funny, but someone else finds it mean

You will now see 5 different ways people behaved online.

Decide how you feel about each one using these actions:

Hands in the air:

Great! A really kind thing to do

Hands on your shoulders:

I'm not sure this is okay

Arms crossed:

This isn't a kind way to behave online

1. Mikala takes a really silly photo of Abi. Later on, Mikala shares it with some other friends without checking with Abi.

Hands in the air: Great! A really kind thing to do

Hands on your shoulders: I'm not sure this is okay

Arms crossed: This isn't a kind way to behave online



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2. Josh sees Kerry upset at school. He knows her favourite animals are dogs, so later on he finds a funny video of some puppies and sends it to Kerry.

Hands in the air: Great! A really kind thing to do

Hands on your shoulders: I'm not sure this is okay

Arms crossed: This isn't a kind way to behave online



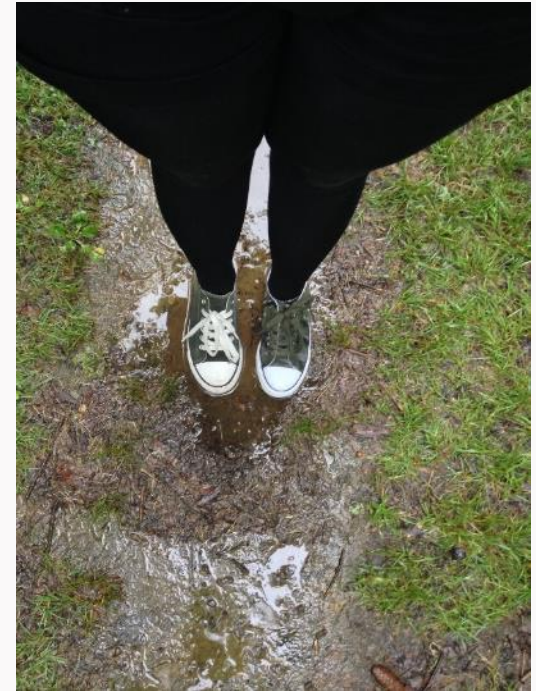
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3. Afua falls in the mud in the park. Her brother films her falling over, and sends it to her because he thinks she'll find it funny too.

Hands in the air: Great! A really kind thing to do

Hands on your shoulders: I'm not sure this is okay

Arms crossed: This isn't a kind way to behave online



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4. Martha logs in to her favourite game that she plays with her friends from school. She makes a mistake and loses all the points they had won yesterday. Her friends get angry, and make her leave the game.

Hands in the air: Great! A really kind thing to do

Hands on your shoulders: I'm not sure this is okay

Arms crossed: This isn't a kind way to behave online



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5. Siddiq gets a new haircut.
After school he gets a message from someone saying that they don't like it. A couple of other people see this, and start saying other upsetting things to him.

Hands in the air: Great! A really kind thing to do

Hands on your shoulders: I'm not sure this is okay

Arms crossed: This isn't a kind way to behave online



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**Different people will find
different things upsetting,
mean, funny or interesting.**

However, in general we all need the same key
ingredients from our friends and family to be
happy online.

What are the key ingredients we need to feel happy and good about ourselves online?

Sharing things with other to cheer them up or make them laugh

Making positive choices online



Knowing what to do if something goes wrong

Taking regular breaks from the internet

Checking with others before about the things we share

How can we make sure we are a good friend online?

- ✓ Support others
- ✓ Be kind and respectful
- ✓ Check before you share
- ✓ Share positivity
- ✓ Ask for help



6 February 2018

'Create, Connect and Share Respect: A better internet starts with you.'



We are celebrating Safer Internet Day!

We will be doing more fun Safer Internet Day activities today.

Now that you know how to create, connect and share respect online, why don't you teach your family and friends all about what you have learnt today?