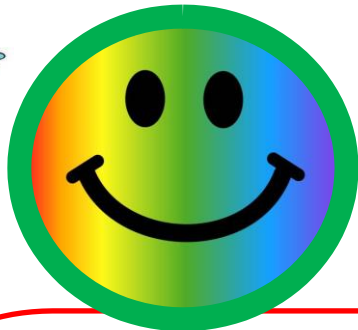




“Whatever you do, work at it with all your heart”

Colossians 3:23



## Keeping Safe

Year 5

Spring 2

Rights and Responsibilities

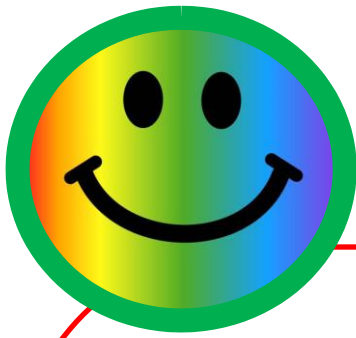


### Key Knowledge

To know:

- **Cyberbullying or online bullying is repetitive, disrespectful behaviour which happens through digital technology.**
- **Online content (people, events, places) cannot always be trusted and can carry risk.**
- **A key emotional risk is looking inferior or weak.**
- Some strategies for supporting others who are bullied include sticking up for them, telling the bully to stop or telling an adult.
- Disrespectful behaviour online can include posting nasty comments, changing someone's security settings and imitating someone without their permission.
- There is a difference between online/cyberbullying and face-to-face bullying.
- Information can be safe/unsafe to share offline and online.
- Personal information online should be protected.
- There are consequences of not keeping personal information private.
- There are risks of being friends online with a person I have not met face-to-face.
- Someone might give a dare to make people laugh
- There are potential health risks of vaping (that are not yet fully known)
- Companies selling vaping products do so to make money.
- Some of the possible outcomes of taking a risk could be injury, hurting someone's feelings, loss of friends.
- Actual norms around smoking/alcohol exist and there are reasons for common misperceptions of these.





Key Vocabulary:

**Bullying** - When someone keeps being unkind or hurtful on purpose, making another person feel scared, sad, or left out.

**Online bullying / cyberbullying** - repetitive, disrespectful behaviour which happens through digital technology.

**Bystander** - A person who sees bullying or unkind behaviour happening but does not join in.

**Upstander** - A person who chooses to help, speak up, or get support when they see bullying or someone being treated unfairly.

**Aggressor** - The person who starts or carries out unkind or harmful behaviour towards someone else.

**Target** - The person who is being picked on, hurt, or treated unkindly.

**Personal Information** - Details about you that should be kept safe, like your full name, address, school, passwords, or phone number.

**Privacy Settings** - Tools on apps or websites that help you control who can see your information, messages, or photos.

**Habit** - Something you do often without thinking, like brushing your teeth or checking a device.

**Addiction** - When someone finds it very hard to stop doing something, even if it is not good for them.

**Assessing Risk** - Thinking carefully about what could go wrong before making a choice.

**Pressure** - When someone tries to make you do something you don't want to do.

**Influence** - When a person or thing affects the choices you make or how you behave.

**Risk Taking** - Doing something that could be dangerous or cause harm.

**Substance** - A material or chemical that can change how your body or brain works.

**Stimulant** - A type of substance that makes your body feel more awake, energetic, or alert.

**Assertive** - Calmly and confidently saying what you think or feel, while respecting others.

