

# Northamptonshire County Council

## Online Safety and Wellbeing

### Teaching Resources

#### Online Safety and Wellbeing

#### Teachers, parents and professionals

#### Overview

Keeping children and young people safe online can be a challenge. The internet is complex, evolving rapidly, and there is much we are still seeking to learn and understand. We have collated a few ideas and resources that will help in working with young people to manage their safety and wellbeing in the online world. This is just a guide, but a starting point to better equip you as a professional or parent with the resources and activities you need to start the conversation.

These recommendations will focus on 4 key areas:

- **Keeping safe online** – Where should we start and what should we be doing?
- **Thinking critically** – What questions should we be asking, and how can we better challenge what we see online?
- **Digital resilience** – How can we work through and best manage difficult situations online?
- **Online wellbeing** – How do we focus on our mental health, and protect our wellbeing when engaging with the online world?

#### Before you begin

At the beginning of your session, work with young people to agree and set out some rules or guidelines on how your session will run. If a young person has been involved in shaping how the conversation will look, they are more likely to feel comfortable and refer back to these rules themselves. It is also important to avoid shaming young people for their online use and behaviour. At the same time, remember children are not expected to divulge personal stories about what they do online, especially if they are vulnerable. Instead you should begin by asking 'where' are they going online and 'how' are they using it.

Parents, carers and professionals can also download our [online safety guides](#) and agreement

## The resources below are not an extensive list

### Resources and ideas for safeguarding 3-7 year olds online

- [Smartie the Penguin – Childnet International](#)
- [Digiduck Stories – Childnet International](#)
- [Keeping under 5's safe online – Childnet International](#)
- [Jessie and Friends – Thinkuknow](#) – Click on the relevant box
- [Screen time and healthy balance – Childnet International](#)

Please check out Childnet's hot [topic section](#) and [Project Evolve](#) it's packed full of resources

### Resources and ideas for safeguarding 8-11 year olds online

- Be Internet Legends – [Download the resources, including the Digital Wellbeing lesson plan](#)
- [Trust me: critical thinking resources – Childnet International](#)
- [Digital Resilience: 11 to 14 year olds – Childnet International](#)
- [Screen time and healthy balance – Childnet International](#)
- [Band runner – Thinkuknow](#)
- [You, your friends the internet – Thinkuknow](#)

### Resources and ideas for safeguarding 12 – 16 year olds

- [Crossing the Line – PSHE toolkit covering sexting, peer pressure cyber bullying and self-esteem](#) 11 – 14 year olds
- [Myth vs Reality – Childnet International](#)
- [Screen time and healthy balance – Childnet International](#)
- [Digital Resilience: 11 to 14 year olds – Childnet International](#)
- [Trust me: critical thinking resources – Childnet International](#)
- [Picture this – Drama activity about sexting](#)
- [Sex, Relationships the internet - Thinkuknow](#)
- [STAR – SEN: Toolkit](#)

### Resources and ideas for safeguarding 17 – 18 year olds

- [Fake it till you make it: Healthy relationships – Project Evolve](#)
- [Self-image and identity: Online scenarios – Project Evolve](#)
- [What would an employer do – Project Evolve](#)
- [Is it right: Self-image and identity – Project Evolve](#)
- [Health, wellbeing and lifestyle: Society's views – Project Evolve](#)

For more information email: [onlinesafety@northamptonshire.gov.uk](mailto:onlinesafety@northamptonshire.gov.uk)

#### Recommended books for young people:

- Primary Children – 50 ways to feel happy: Action For Happiness
- Secondary – Banish your body image thief: Kate Collins – Donnelly and Banish your self-esteem thief

#### Worried online? Check out CEOP



### Pledge Challenge – Schools and parents

With an adult what ideas can you come up with to keep you and you class mates safe online, have a go at the pledge. You can email your pledges to us or Tweet your completed pledges to NCCcybersafe using #onlinesafetypledge or email [onlinesafety@northamptonshire.gov.uk](mailto:onlinesafety@northamptonshire.gov.uk) don't forget to come up with ideas around looking after your wellbeing online to. The most creative pledge wins!

# Our Online Safety and Wellbeing Pledge

**Together this is what we agree to do in order to keep ourselves and our class mate's safe online**

**Date:**

**Signed:**