



Online Safety and Anti-Bullying Curriculum

	YEAR 7	YEAR 8	YEAR 9
Term 1a Online Safety	Keeping Safe Online: The Internet - what an amazing place! Passwords and privacy settings. Stranger danger. Identifying risks. What to share or keep private. What to do when things go wrong.	Sexting: What is sexting? What does the law say? Control over images and how they are shared. Blackmail, bullying and harm. What to do if you are worried.	Online Relationships: What is an online relationship? How to maintain safe online relationships. Signs it might be heading in the wrong direction and how to gain back control.
Term 1b Anti-Bullying	Kindness: What is bullying? What does kindness actually mean? Love in action. How can we spread a little kindness in our school?	When it's not 'Banter': Bullying, banter or conflict - How are they different? The different forms bullying can take. The impact bullying can have. How behaviours can be seen as bullying whether intentional or not.	The Keyboard Warrior: Anyone can be the target of abuse. Standing up against it and reporting it. Empathising with victims of cyberbullying. Reflecting on our own behaviours.
Term 2a Online Safety	Me, Myself and I: What makes our identity important to us? How people can use image editing technology to change or alter what they portray.	Fake News: What is fake news? How believing incorrect information can be dangerous. Is it ethical to use click bait titles?	Step Up, Speak up: What is online sexual harassment? Examples of online sexual harassment. The emotional impact online sexual harassment can have on those involved.

Term 2b Online Safety / Mental Health	Digital Presence and Well-being: How much time we spend online and the impact on well-being and mental health. The pressures of trying to live up to unrealistic ideas of lifestyle and body image.	How Can Technology Help Us?: How technology can be used to support physical well-being. How technology can be used to support mental well-being. Which apps/resources we could use to improve the productivity of the devices that we already have.	How to Help Myself and Others?: Identifying which organisations are here to help. How to access different support options. Getting support can help. Anonymously reporting if we are concerned.
Term 3a Online Safety	Social Media and Risks: Risks associated with the most popular social networks and apps. What actions we can take if we come across something upsetting/uncomfortable.	Online Gaming: The dangers presented by the social side of online gaming and how to avoid them. Why we shouldn't meet up with people we don't know in real life.	Live Streaming: What is live streaming? Why do people use it? What are the positives and what are the risks? What can we do when something goes wrong?
Term 3b Anti-Bullying	Just a joke? How content shared as a joke online can hurt or upset other people, including nudity, body shaming or gender stereotypes. Cyberbullying. How to seek help for ourselves and others.	Racism: What is racism? What forms does it take? Why is it wrong? Why do people have racist attitudes? What can we do to combat racism?	Types of Online Bullying (Hate Speech): Understanding why people bully could help to stop them. What different forms of bullying exist and how they can change people's lives. People might see bullying in a different way to us.

Each year group receives one lesson per half term in addition to their PSHE/Citizenship/RSE lessons and this is also complemented by additional content being delivered through assemblies and form time activities during Anti-Bullying Week, Children's Mental Health Week and on Safer Internet Day.