

Be Internet Brave – When in Doubt, Discuss

Overall aims

This lesson plan highlights the age-appropriate activities within the Be Internet Brave pillar.

Children will know what to do when they encounter something unkind or that makes them feel unsafe online.

You will find all the activities within the Brave activity pack. Some of these activities have been adapted for this age group. Please see the lesson overviews within the activity booklet for a full description of the overall aims of each pillar.

Objectives

Pupils will learn

- ✓ **Specific** ways to respond to bullying when you see it.
- ✓ **How** to behave if you experience harassment.
- ✓ **Different** ways to step in and be a helper in a specific situation.
- ✓ **How** to recognise upsetting content and strategies for refusing it.

Outcomes

Pupils can

- ✓ **Identify** situations of harassment or bullying online and evaluate what it means to be a bystander or helper.
- ✓ **Respond** using different options that feel safer and more appropriate.
- ✓ **Explain** what to do or say when they see upsetting stuff online – and understand they can refuse to watch or engage with it.

Reminder

Ensure you are familiar with and are following the school's safeguarding policy in case any pupil shares something which may trigger safeguarding procedures.

Assessment opportunities

- Knowledge of the appropriateness of what children are doing online.
- Strategies that children use when seeing upsetting things online.

Timing

This lesson takes approximately one hour, with timings given to allow you to select activities as you feel appropriate to meet the needs of your pupils.

Baseline activity



(10 mins)

Find out from pupils what they would do if they saw someone being unkind to someone else e.g. at a local park.

- What would they do if this was happening online?
- Who would they speak to?
- Is there a difference between what they would do in person or online? Why?

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Activity guide



Be Internet Brave – Activity 1: Upstanders have options (15 mins)

Pupils practise identifying the four roles of a bullying incident (the person who bullies, the target of the bullying, the bystander, and the helper, or upstander) and things to do if they witness bullying.

Discuss the importance of being kind – share examples when pupils have been kind or received kindness (e.g. having doors held open, being invited to a friend's house).

Choose a popular figure that children know (this could be a streamer, singer or actor). Discuss how much we know about them. Is it a lot or not much? Why is that? These people are human and need to be treated with kindness and respect.

Sometimes others are unkind and we can choose whether we want to be a bystander or an upstander (helper).

Complete the activity.

Be Internet Brave – Activity 2: Upstander options (15 mins)

Often children want to help out a target of bullying but don't know what to do.

This activity shows them that they have choices, offers examples, and gives them an opportunity to create positive responses of their own in their own way. Groups work through some scenarios and discuss how they would feel comfortable responding.

Pupils role-play being an upstander and decide whether they want to be a 'public supporter' or 'private supporter' in response to three different scenarios.

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Be Internet Brave – Activity 3.2: Seeing upsetting stuff (15 mins)

Pupils learn to identify inappropriate online content and strategies for refusing it. Pupils also learn about reporting any content that suggests someone has hurt or is about to hurt themselves or others.

Pupils share things that they have seen online and, if willing, use these as discussion points in the lesson and talk about what the options are for dealing with such things. Emphasise that there are options – there is not one single way to deal with it but it is down to the individual to feel brave and choose the way that suits them best.

Complete the activity with pupils moving around the room choosing 'refuse' or 'report' following different scenarios being read out.

Plenary

(10 mins)

Make notes on flipchart paper that can be displayed in your classroom of the key things children can do or say when they see upsetting stuff online.

Extension

Pupils make a checklist of the things they would say or do when they see something upsetting online.

Lesson materials

Brave Activity 1: From bystanders to upstanders sheet.
Brave Activity 2: Upstander options sheet.
Brave Activity 3.2: scenarios.