Lesson plan

**Topic:** Respectful online relationships

**Target age group:** Years 4-6

**Lesson duration:** 20 minutes

**Recommended teaching approach:**
This presentation provides students with an opportunity to consider how they can use their personal strengths to build safer online environments.

1. Whole class takes part in the virtual classroom event.
2. Teacher to use the teaching notes to reinforce key messages and generate deeper discussion.
3. Students complete the personal reflection activity.

**Activity purpose:**
- Explore social and emotional skills that help build strong communities - both offline and online.
- Consider how technology can help people feel connected to others.
- Make a pledge to use personal strengths to create a better internet not only today, but every day.

**Key words:**
- Respectful online relationships
- Social and emotional skills

**Australian Curriculum links:**

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<tr>
<th>Health &amp; Physical Education</th>
<th>ACPPS055</th>
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<tr>
<td>Digital Technologies</td>
<td>ACTDIP022</td>
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<td>General Capabilities</td>
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Summary
This presentation provides students with an opportunity to consider how they can use their personal strengths to build safer online environments.

Story synopsis
At Kookaburra Coast Public School the community uses the internet everyday. They have a page where the community posts pictures from events, notices and awesome work. They text each other to organise social events and the parents and kids even compete against each other in online games. Mostly the internet makes them feel more connected to each other but like many schools, Kookaburra Coast deals with online issues like, people feeling left out or people accidentally (or on purpose) being mean. Help the students at Kookaburra Coast use the 4Rs (respect, responsibility, resilience, reasoning) of online safety to fight serious online issues such as cyberbullying and the spread of misinformation.

Teaching notes for slides

Using the internet to connect to family and friends
Making social connections is an important part of growing up. Research by the Office of the eSafety Commissioner shows that young people see connecting to others as the most important benefit of using social media.

Benefits of social media:
1. Keeping connected to friends and family—76%
2. Entertainment—69%
3. Keeping up to date—45%
4. Planning social life—30%
5. Self-expression—26%

Discussion question
How do you use the internet to connect to family and friends?

Learning to connect with others
There is research that shows connecting to other people is a survival skill. It also suggests that it takes time and practice to develop the skill of connecting with others – both offline and online. By the time we’re 10 each of us has spent 10,000 hours or 2.7 hrs a day learning to make sense of people and groups.*

Discussion question
Would you rather play a game online individually or play with others offline?

*Social: why our brains are wired to connect by Matthew D. Lieberman
Your digital super power

When we interact with others online we are building our social and emotional skills. Skills that help us build healthy relationships and stay safe online include:

<table>
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<tr>
<th>Respect</th>
<th>I treat myself and others the way I like to be treated.</th>
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<tr>
<td>Responsibility</td>
<td>I question what is real.</td>
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<tr>
<td>Reasoning</td>
<td>I’m accountable for my actions and I take a stand when I feel something is wrong.</td>
</tr>
<tr>
<td>Resilience</td>
<td>I get back up from tough situations.</td>
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These are the 4Rs of online safety or our digital super powers. They help us to protect ourselves and others online and offline.

Discussion questions
What do you think are your digital super powers?
What strengths do you use to help you stay safe online?

Responding respectfully to trolls and misinformation

Sometimes people use public spaces online to post information that puts others down or makes them feel bad. When they do this deliberately they’re sometimes referred to as trolls. We can use the 4Rs to protect the self-esteem and dignity of everyone in the school community.

When posting information publicly:

- Don’t be a troll – before you post consider the feelings of everyone who might see what is posted in a public space.
- Apologise quickly – it’s ok to make a mistake and it’s ok to calmly remind someone how their comments might be perceived by others.
- Respond to negativity with positivity – it can lift your mood and help others see a different perspective.
- Report discrimination – any posts that discriminate against a particular group should be reported to the school or social media service.

Discussion questions
Have you ever seen posts online that deliberately targeted or hurt others in your community or group of friends?
How can you use the 4Rs to build more positive communities online?
Being a supportive friend online

As we get older we might find ourselves spending more time online. We can use this time to build strong relationships with our friends. Friendships give us protection against mental health stresses such as bullying and negative online experiences.

You can build healthy friendships online by:

- Using empathy to notice when your friends are feeling sad - talking to them about the best way to help.
- Sharing fun positive experiences with others online.
- Remembering that some people find it easier to talk about things that are bothering them online and others find it easier face to face.
- Helping friends talk to a supportive adult or counselling service (e.g. Kids Helpline) if they are feeling like they can't cope.
- Taking action if others are being mean online.

Discussion question

What can you do to help your friends online?

Together for a better internet

We can all take positive action to create more positive online communities. Building our digital super powers takes time but the best way to learn is to talk about your experiences:

- Ask your parents, friends and others how they like to be treated online.
- Find out from others how they use the settings on their devices to stay safe.
- Tell people whether you like to connect online or in person.
- Share positive stories about how others have helped you when you’ve been unsure online.
- Say thanks or compliment the person when you see positive behaviour in online spaces.

How will you use the 4Rs (your digital super powers) to create a better internet?

Write your answer on the pledge board on the next page and share them online using the #SID2019 hashtag. You might like to use one of the eSafety animal masks as well.

See example on the right.