

**NSPCC**

# Healthy online friendships

Talk Relationships

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

PSHE Association  
Quality Assured  
Resource

PSHE  
Association

# Baseline assessment

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What steps can people take to help keep online friendships positive and safe?



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1. Write your ideas down on a sticky note.

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2. Next work together to group your notes into different themes.

# Baseline assessment

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What steps can people take to help keep online friendships positive and safe?



1. Write your ideas down on a sticky note.
2. Next work together to group your notes into different themes.
3. Let's discuss our ideas!

# Healthy online friendships

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## **Learning objective:**

To learn how to manage online friendships positively.

## **Learning outcomes:**

- Identify how communicating with friends, or others, online differs from face-to-face friendships and relationships.
- Describe ways to keep friendships safe, positive, and healthy when communicating online.
- Explain risks associated with meeting people online.
- Identify steps to take if an online relationship feels unhealthy, unsafe, or negative.

# Online communication

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There are differences between communicating online and face to face.

What do you think these differences are?



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While online communication comes with many exciting opportunities, there are also some risks or challenges.

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There are differences between communicating online and face to face.

What do you think these differences are?

While online communication comes with many exciting opportunities, there are also some risks or challenges.

1. Using the *impact cards*, work in pairs to think about each example.
2. Match the positive and negative impacts to each feature of online communication.
3. When you have finished, share your answers and explain how you decided to match the positives and negatives to the features.



# Online communication

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People can say hurtful or nasty things to others online.

# Online communication

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People can say hurtful or nasty things to others online.

With your partner discuss:

- How could the scenario below be tackled and managed?
- What could someone do or say if they experienced this?

Share your ideas with the class.

# Rules for online friendships

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# Rules for online friendships

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What might help children experiencing any negatives of online communication?



# Rules for online friendships

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What might help children experiencing any negatives of online communication?



With a partner, create a list of rules to keep online friendships and communication **safe, positive and happy.**



# Rules for online friendships

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What might help children experiencing any negatives of online communication?



With a partner, create a list of rules to keep online friendships and communication **safe, positive and happy.**



Are there any additional rules needed if someone is communicating with someone they haven't met before?



# Friendship issues storyboard

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What has caused the issue?

How are the characters feeling?

Which of the rules for online communication have been broken?

What would help resolve the issue now?

What should the character do if they feel the friendship is unhealthy, unsafe or negative?

# Reflection and endpoint assessment

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What steps can people take to keep online friendships positive and safe?

Think about everything you have learnt in this lesson.



# Reflection and endpoint assessment

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What steps can people take to keep online friendships positive and safe?

Think about everything you have learnt in this lesson.

Use a different colour sticky note to write down any new ideas you have.



# Signposting support

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If you need support or advice, or have concerns, seek help:



## **In school**

- Class teacher/Form tutor
- Support assistants
- Head of Year



## **At home**

- Parents or carers
- Other family members



# Childline

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If you need support or advice, or have concerns, seek help:

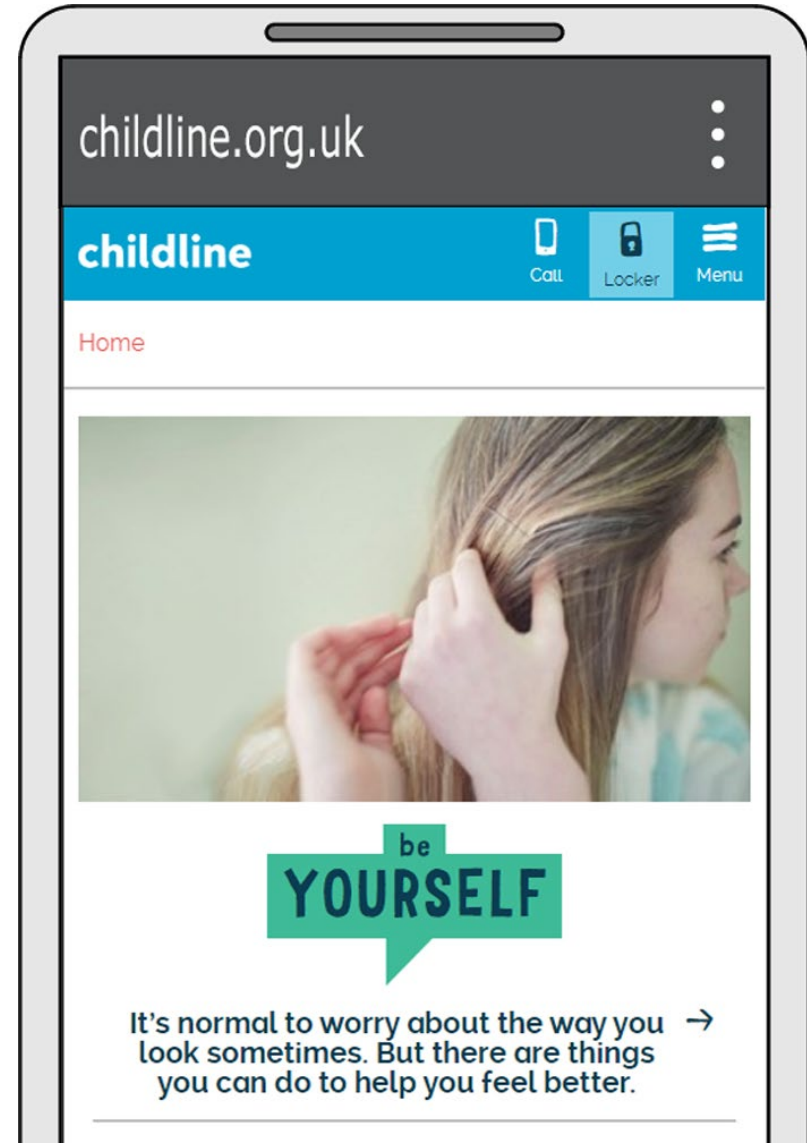


**childline.org.uk**



**0800 1111**

Childline is a free 24/7 service for children and young people.



# Thinkyouknow

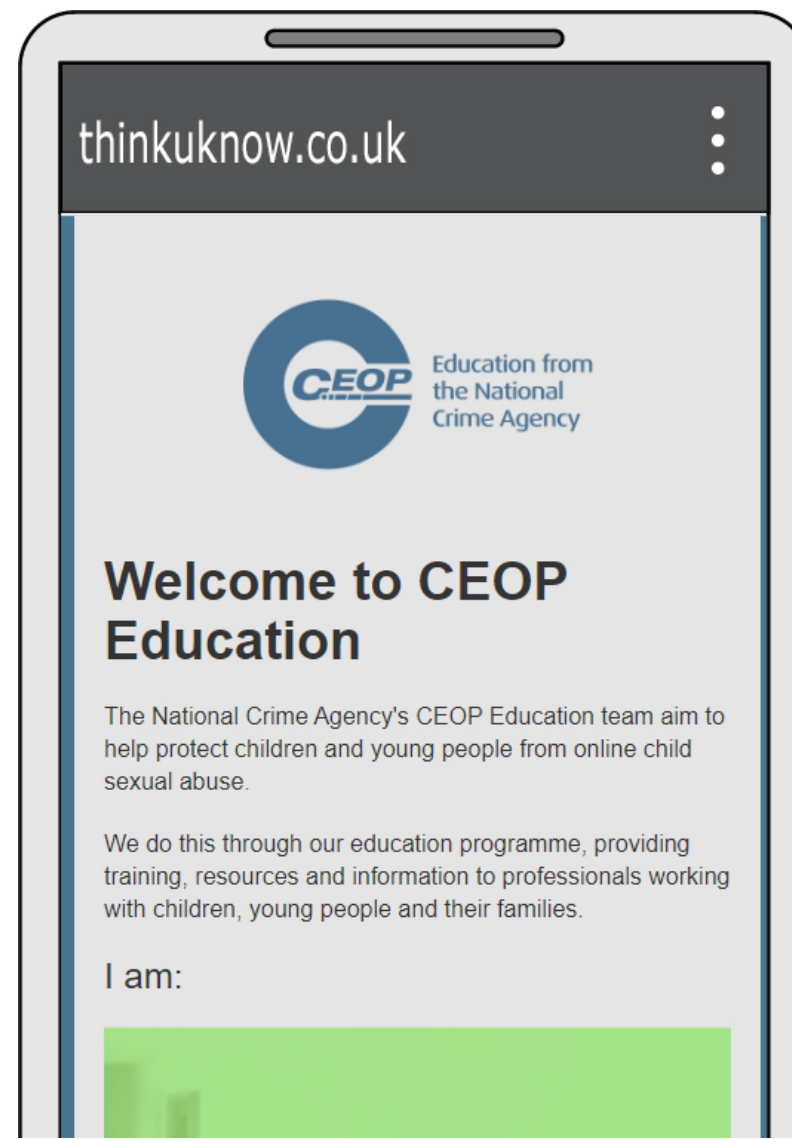
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If you need support or advice, or have concerns, seek help:



**Thinkuknow.co.uk**

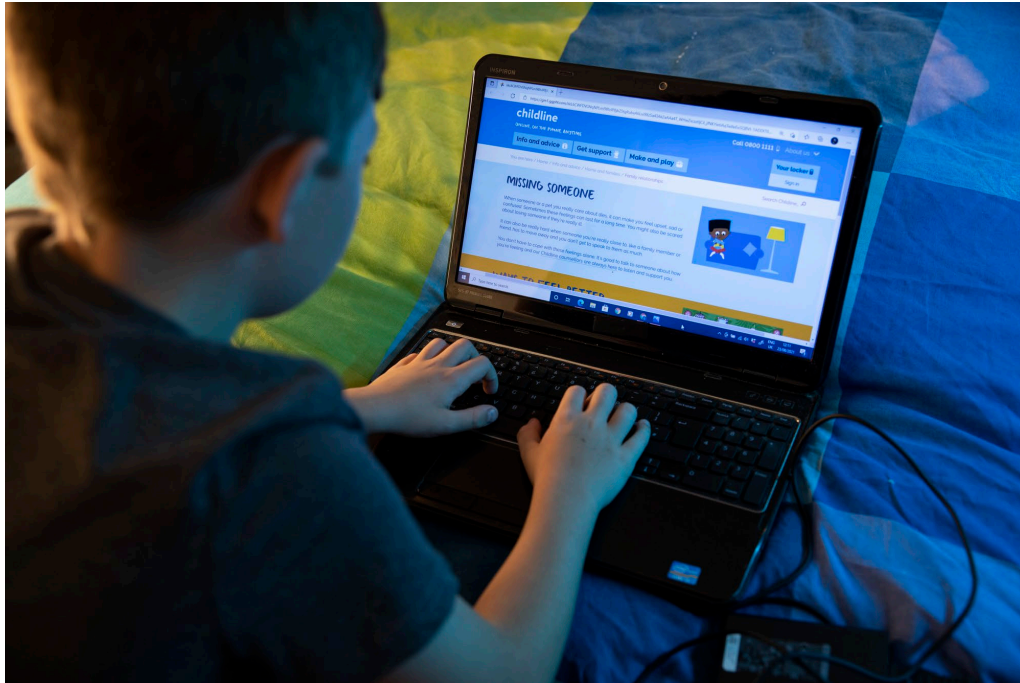
Education from the National Crime Agency's CEOP team.



# Extension activity

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What advice might you give to a younger sibling or friend who has just started to talk to other people online?



Use the website below to create a factsheet or leaflet about chatting with others online safely and respectfully.

[www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online](http://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online)

# Questions?

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Photography by Tom Hull, Ross Bolger and Abbie Trayler-Smith. The children pictured are models and the adults are volunteers and models.  
Photography contains real life NSPCC practitioner Reena Uddin. J20211217.