

# E-SAFETY - BEING SMART ONLINE!



## Self-Discipline is:

- \* Controlling yourself so that others don't have to control you.
- \* Getting rid of bad habits and replacing them with good ones.
- \* Restricting how much time you spend on certain activities.
- \* Making yourself do things that are healthy or good for you.

## LEARNING OBJECTIVES:

**I can control myself to be safe online.**

### Suggested Resources:

<http://www.kidsmart.org.uk/beingsmart/> [available 03/15] it would be useful to have a look around this website before you share it with the children. Use of PCs or materials for making posters. Print out poster to share and pin up in the classroom. [http://www.kidsmart.org.uk/downloads/cn\\_A2posterPRIMARY.pdf](http://www.kidsmart.org.uk/downloads/cn_A2posterPRIMARY.pdf) [available 03/15]

### Suggested Activities:

**Activity 1:** Share the homepage from the link. <http://www.kidsmart.org.uk/beingsmart/> [available 03/15] Go through the SMART section.

## Character Coaching

### Guidance:

Before you use the computer – how might self-discipline help you to keep safe?

### Meaningful Praise:

Well done for using self-discipline and doing the right thing by telling somebody.

### Script:

Watch the video from Kara Winston and the SMART crew (using the link above). What have the children learned from this? Show them the poster. Explain that you would like them to produce their own posters to advertise SMART.

**Activity 2:** In pairs or small groups ask children to design posters using the SMART advice.

Or allow the children to access the Kidsmart website and play the games. They could then try the quiz.

### Plenary:

What does SMART stand for? You should not be enticed into giving out personal information or meeting up with anyone you meet online. You will need to practise self-discipline to avoid these potential dangers.

### Correction:

Put yourself in someone else's shoes and think what you would encourage them to do?

How do you think you will use self-discipline next time?