

Internet Safety Lesson – Parent/Carer Instructions

As children are having to spend increasingly large amounts of time online, we wanted to ensure that they know what to do and how to react if they come across something that makes them feel worried or sad when using the internet.

Learning Objectives: To understand what being online may look like, the different feelings we experience online and how to identify adults who can help.

Learning Outcomes:

- I can explain how something online might make someone feel worried or sad.
- I can recognise different feelings.
- I can identify up to four adults who can help me if I have a problem online.
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In this lesson, your child will be introduced to some characters from a series of online safety tools called *Jessie & Friends*. Please, follow the instructions below:

1. Look at the picture of Jessie. Explain that Jessie has seen something online that had made her upset. What could she do? Talk about your ideas (5 mins).
2. Watch [Jessie & Friends: Watching Videos](#). After the video discuss:
 - What did you think about the cartoon? What were your favourite parts?
 - How did Jessie feel when she watched 'The Funny Tummy' video?
 - How did she feel when she watched 'The Happy Croccy' video? How did her feeling change?
 - How did she get help to feel better?
3. **Activity 1:** Jessie's Facial Expression worksheet – Look at the pictures of Jessie and talk about how she feels at different points in the video. What could she do? Who could she tell?
4. **Activity 2:** Adults who can help us – Children to decorate their own 'helping hand' and write down the names of different adults that could help them if they have a problem online.
5. To finish the lesson, play this [song](#) and discuss the question: **What should Jessie do if she ever feels worries, sad or scared again?**