



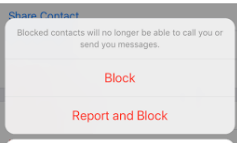



Year Three – PSHE: Friendships, relationships and keeping safe



| Subject Specific Vocabulary | |
|-----------------------------|--|
| Friendship | A relationship between friends. |
| Loyal | Giving or showing constant support to someone or something. |
| Kindness | Being friendly, generous and thoughtful towards others. |
| Trustworthy | Someone you can trust to be honest or truthful. |
| Commonalities | Sharing traits with others. |
| Traits | A quality or characteristic belonging to someone, e.g. <i>honest, kind, loyal.</i> |

|  | Sticky knowledge |
|---|---|
|  | A) There are different types of relationships, including friendship, family and romantic relationships. |
|  | B) Sometimes we keep secrets from other people. Sometimes these secrets are not appropriate, and a trusted adult must be told. |
|  | C) We have rules and laws in this country which keep us all safe. |
|  | D) There are benefits and negatives of using internet and social media. For example, we can use it to keep in touch with people we may not be able to see face-to-face. Yet, it can have dangers, including contact with people we may not know, who may be unkind to us. |
|  | E) There are dangers online. To keep myself safe I can tell a trusted adult when something doesn't look right or upsets me. |

BE SMART ONLINE

S SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen to anyone and where you share too. Keep them safe to keep yourself safe.

M MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, let personal information – or the photos/videos of you that tell an adult straight away and report them together at www.thinkuknow.co.uk

A ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, Word requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure or unless the person is or what they've sent you.

R RELIABLE You cannot trust everything you see online as some things can be not of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childnet – 0800 11 11 or www.childnet.org.uk

BE SMART WITH A HEART Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are bullied or upset by anything that happens online.

WWW.CHILDNET.COM

NSPCC Speak out. Stay safe.

