

Online Safety Long-Term Plan





In each half-term, children from Early Years to Year 6 learn about one of the core topics in their classes and during a whole-school assembly. Below is an overview of the topics and class-specific sessions.

	1:1 Healthy Habits: Media & Wellbeing	1:2 Cyber-Bullying	2:1 Relationships & Communication	2:2 Information & Media Literacy	3:1 Privacy & Safety	3:2 Digital Footprint & Identity
R	Meet The Digital Citizens - Arms	Meet The Digital Citizens - Legs	Meet The Digital Citizens - Heart	Meet The Digital Citizens - Head	Meet The Digital Citizens – Guts	Meet The Digital Citizens – Feet
Y1	Pause For People	Pause and Think Online	Why We Pause For People	Media Balance is Important	Safety in My Online Neighbourhood	Caring for our Devices
Y2	How Technology Makes You Feel	Pause For People	Our Device Charter	Managing Device Distractions	Internet Traffic Light	Pause For People (recap)
Y3	Device-Free Moments	Putting a STOP to Online Meanness	Who is in Your Online Community?	We, The Digital Citizens	That's Private!	Digital Trails
Y4	Rings of Responsibility	The Power of Words	Our Digital Citizenship Pledge	Is Seeing Believing?	Password Powerup	This Is Me
Y5	My Media Choices	Be a Super Digital Citizen	Keeping Games Fun and Friendly	A Creator's Rights and Responsibilities	Private and Personal Information	Our Online Tracks
Y6	Finding My Media Balance	Is It Cyber-Bullying?	Digital Friendships	Reading News Online	You Won't Believe This!	Beyond Gender Stereotypes






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- Here you will find links to:
- [Lesson plan and resources](#)
 - [Additional resources for professional development and sharing with the school community](#)
 - [Supporting resources](#)

Healthy Habits: Media Balance and Well-Being

Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Meet the Digital Citizens - Arms Finding Balance with Media and Tech Use at Home	Pause for People  30 mins	How Technology Makes You Feel  30 mins	Device-Free Moments 40 mins	Your Rings of Responsibility  45 mins	My Media Choices  45 mins Social Media Test Drive	Finding My Media Balance  45 mins Social Media Test Drive
	Jessie & Friends: Episode 1 - Watching Videos	Jessie & Friends: Episode 2 - Sharing Pictures	Jessie & Friends: Episode 3 - Playing Games	Lego Build & Talk: Screen Time Interland: Reality River	The Adventures of Kara, Winston and the SMART Crew: Chapter 1	Band Runner: Lock BBC Own It - Health, Wellbeing and Lifestyle	Internet Matters - Health, Wellbeing and Lifestyle Children's Commissioner: Digital 5 a Day

Cyberbullying & Online Harms

Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 2	Meet the Digital Citizens - Legs	Pause and Think Online  25 mins	Pause for people  30 mins	Putting a STOP to Online Meanness 35 mins	The Power of Words  45 mins	Be a Super Digital Citizen  45 mins	Is It Cyberbullying?  45 mins
	Digiduck's Big Decision Digi Duck Masks	Barefoot Computing: Safety Snakes	Smartie the Penguin (Lesson Plan, Year 2 Lesson A)	Interland: Kind Kingdom	Lego Build & Talk: Cyberbullying Band Runner: Like	BBC Own It: Cyberbullying Quiz BBC Own It - Online Bullying	Internet Matters - Online Bullying Chicken-Shop Grooming (Childnet)

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Relationships & Communication

Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Spring 1	Meet the Digital Citizens - Heart How to Make Meaningful Family Connections Using Media + Tech	Device Advice - Why We Pause for People ▶ 30 mins	Device Advice - Our Device Charter	Who Is in Your Online Community? 30 mins	Our Digital Citizenship Pledge 45 mins	Keeping Games Fun and Friendly ▶ 45 mins What is AI?	Digital Friendships 45 mins What is AI? How is AI Trained? AI Chatbots: Who's Behind the Screen?
	Detective Digiduck	Jessie & Friends: Episode 3	Barefoot - Who does this belong to?	Band Runner: Share	Band Runner: Chat	Adventures of Kara, Winston and the SMART Crew: Ch. 5 BBC Own It - Online Relationships + Online Reputation	Internet Matters - Online Relationships + Online Reputation Childnet: Trust Me Lessons

Information and Media Literacy

Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Spring 2	Meet the Digital Citizens - Head	Media Balance Is Important - Quick Bite ▶ 25 mins	Device Advice - Managing Device Distractions	We, the Digital Citizens ▶ 20 mins	Is Seeing Believing? ▶ 45 mins	A Creator's Rights and Responsibilities 45 mins	Reading News Online ▶ 45 mins
	Barefoot Computing: Safety Snakes	Smartie the Penguin (Lesson Plan for Year 1 Lesson A)	The Adventures of Smartie the Penguin (Year 2 Lesson B)	Lego Build & Talk: False Information Online Interland: Reality River	Interland: Mindful Mountain	Digital Matters - Introduction to Thinking Critically Online BBC Own It - Managing Online Information NCSC Cyber Sprinters	Digital Matters - Once Upon Online Internet Matters - Managing Online Information + Copyright & Ownership Project Real Fake News

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Privacy & Safety

Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 1	Meet the Digital Citizens - Gufs How to use Media and Tech to Build Life Skills in Young Kids	Safety in My Online Neighbourhood ▶ 30 mins	Internet Traffic Light 30 mins	That's Private! 30 mins	Password Power-Up 45 mins	Private and Personal Information ▶ 45 mins	You Won't Believe This! 45 mins
	Smartie the Penguin for EYFS (Lesson Plan 2)	Smartie the Penguin (Lesson Plan for Year 1 Lesson B)	Pantosaurus and His PANTS song	Interland: Tower of Treasure Barefoot - Do the Right Thing	Lego Build & Talk: Online Security Barefoot - You're the Jury	Barefoot - The Phisherman game BBC Own It - Privacy & Security	NCSC Cyber Sprinters Internet Matters - Privacy & Security Barefoot - You're the Cyber Security Expert

Digital Footprint & Identity

Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 2	Meet the Digital Citizens - Feet Raising Healthy Kids in a Digital World	Device Advice - Caring for Our Devices	Pause for People - Quick Bite ▶ 30 mins	Digital Trails	This Is Me 45 mins	Our Online Tracks 45 mins	Beyond Gender Stereotypes 45 mins
	Digiduck and the Magic Castle	Digiduck Saves the Day	BBC Own It: Digital Footprint: What Is It and Why Should I Care?	BBC Own It: Where Are Your Photos Going? Lego Build & Talk: Digital Footprints	The Adventures of Kara, Winston and the SMART Crew: Chapter 4	Search It Up: My Popstar Disaster BBC Own It - Self-Image & Identity	Internet Matters - Self-Image & Identity Are You Living an Insta Lie? Social Media vs. Reality