Self-Image and Identity

# Condover Church of England Primary School Love Each Other and Know We Are Loved

Forgiveness T



## **Internet safety Progression Document**

Early Years - 7

Shaping online identities and how media impacts on gender and stereotypes

I can recognise, online or offline, that anyone can say 'no' - 'please stop' - 'I'll tell' - 'I'll ask' to somebody who makes them feel sad, uncomfortable, embarrassed or upset.

I can recognise that there may be people online who could make someone feel sad, embarrassed or upset. If something happens that makes me feel sad, worried, uncomfortable or frightened I can give examples of when and how to speak to an adult I can trust and how they can help.

I can explain how other people may look and act differently online and offline.

Self-Image and Identity

Self-Image and Identity Self-Image and Identity

Self-Image and Identity

I can give examples of issues online that might make someone feel sad, worried, uncomfortable or frightened; I can give examples of how they might get help.

Self-Image and Identity

7 - 11 Shaping online identities and how media impacts on gender and stereotypes

I can explain what is meant by the term 'identity'.

Self-Image and Identity

I can describe positive ways

for someone to interact with

others online and

understand how this will

positively impact on how

others perceive them.

Self-Image and Identity

I can explain how people can represent themselves in different ways online

Self-Image and Identity

I can explain that others online can pretend to be someone else, including my friends, and can suggest reasons why they might do this.

Self-Image and Identity

I can explain ways in which someone might change their identity depending on what they are doing online (e.g. gaming; using an avatar; social media) and why.

Self-Image and Identity

I can explain how identity online can be copied, modified or altered.

Self-Image and Identity

I can explain how my online identity can be different to my offline identity.

Self-Image and Identity

I can demonstrate how to make responsible choices about having an online identity, depending on context.

Self-Image and Identity

Early Years - 7

Relationships and behaviours that may lead to harm and how positive online interaction can empower and amplify voice.

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I can use the internet with I can give examples of when I I can give examples of how I I can recognise some ways in adult support to should ask permission to do (might) use technology to which the internet can be communicate with people I something online and explain communicate with people I used to communicate. know (e.g. video call apps or know why this is important. services). Online Relationships I can give examples of how someone might use I can explain why things one I can explain why it is technology to communicate person finds funny or sad I can explain who I should ask important to be considerate with others they don't also online may not always be before sharing things about and kind to people online know offline and explain why seen in the same way by myself or others online. and to respect their choices. this might be risky. (e.g. email, others. online gaming, a pen-pal in another school / country). I can explain why I have a I can explain how it may make I can describe different ways right to say 'no' or 'I will have others feel if I do not ask to ask for, give, or deny my to ask someone'. I can explain I can identify who can help their permission or ignore permission online and can me if something happens who can help me if I feel their answers before sharing identify who can help me if I under pressure to agree to online without my consent. something about them something I am unsure about am not sure. online. or don't want to do. Online Relationships I can explain why I should always ask a trusted adult before clicking 'yes', 'agree' or 'accept' online Relationships and behaviours that may lead to harm and how positive online interaction can empower and amplify voice. I can explain what is meant by 'trusting someone online', I can explain why someone I can explain what it means to why this is different from may change their mind about I can describe ways people 'know someone' online and 'liking someone online', and who have similar likes and trusting anyone with why this might be different why it is important to be interests can get together something if they feel from knowing someone careful about who to trust nervous, uncomfortable or online. offline. online including what worried. information and content they are trusted with. Online Relationships I can explain the importance I can describe strategies for of giving and gaining I can give examples of how to permission before sharing safe and fun experiences in a I can explain how someone's be respectful to others online things online; how the range of online social feelings can be hurt by what and describe how to principles of sharing online is environments (e.g. recognise healthy and is said or written online. the same as sharing offline livestreaming, gaming unhealthy online behaviours. e.g. sharing images and platforms) videos.

I can describe some of the ways people may be involved I can explain how content I can explain that there are in online communities and shared online may feel I can give examples of some people I communicate describe how they might unimportant to one person technology-specific forms of with online who may want to collaborate constructively but may be important to do me or my friends harm. I communication (e.g. emojis, with others and make can recognise that this is not other people's thoughts memes and GIFs). positive contributions. (e.g. feelings and beliefs. my / our fault. gaming communities or social media groups). Online Relationships Online Relationships Online Relationships I can describe how to be kind and show respect for others I can explain how someone I can demonstrate how to I can explain how sharing online including the can get help if they are having support others (including something online may have importance of respecting problems and identify when an impact either positively or boundaries regarding what is those who are having to tell a trusted adult. difficulties) online. shared about them online negatively and how to support them if others do not. I can explain that taking or sharing inappropriate images I can describe how things of someone (e.g. shared privately online can embarrassing images), even if have unintended they say it is okay, may have consequences for others. e.g. an impact for the sharer and screen-grabs. others; and who can help if someone is worried about this. Early Years - 7 Online Reputation Strategies to manage personal digital content effectively and capitalise on technology's capacity to create effective positive profiles I can describe what I can identify ways that I can I can recognise that I can explain how information information I should not put put information on the information can stay online put online about someone online without asking a and could be copied. can last for a long time. internet. trusted adult first. Online Reputation Online Reputation Online Reputation Online Reputation I know who to talk to if I can describe how anyone's something has been put online information could be online without consent or if it seen by others. is incorrect. Online Reputation Online Reputation 7 - 11 Strategies to manage personal digital content effectively and capitalise on technology's capacity to create effective positive profiles

l can explain how to search for information about others online	I can give examples of what anyone may or may not be willing to share about themselves online. I can explain the need to be careful before sharing anything personal.	I can explain who someone can ask if they are unsure about putting something online.	I can describe how to find out information about others by searching online.
Online Reputation	Online Reputation	Online Reputation	Online Reputation
I can explain ways that some of the information about anyone online could have been created, copied or shared by others.	I can search for information about an individual online and summarise the information found.	I can describe ways that information about anyone online can be used by others to make judgments about an individual and why these may be incorrect	I can explain the ways in which anyone can develop a positive online reputation.
Online Reputation	Online Reputation	Online Reputation	Online Reputation
anyone can use to protect			
their 'digital personality' and online reputation, including degrees of anonymity.			
their 'digital personality' and online reputation, including			
their 'digital personality' and online reputation, including degrees of anonymity.	ervention and how bullying and other	r aggressive behaviour relates to legislat	cion
their 'digital personality' and online reputation, including degrees of anonymity.  Online Reputation  Early Years - 7	ervention and how bullying and other I can offer examples of how this can make others feel	I can describe how to behave online in ways that do not upset others and can give examples.	cion  I can explain what bullying is, how people may bully others and how bullying can make someone feel.
their 'digital personality' and online reputation, including degrees of anonymity.  Online Reputation  Early Years - 7 Strategies for effective reporting and int  I can describe ways that some people can be unkind	I can offer examples of how	I can describe how to behave online in ways that do not upset others and can give	I can explain what bullying is, how people may bully others and how bullying can make
their 'digital personality' and online reputation, including degrees of anonymity.  Online Reputation  Early Years - 7 Strategies for effective reporting and int  I can describe ways that some people can be unkind online.	I can offer examples of how this can make others feel	I can describe how to behave online in ways that do not upset others and can give examples.	I can explain what bullying is, how people may bully others and how bullying can make someone feel.

Managing Online Information

Managing Online Information

#### Strategies for effective searching, critical evaluation and ethical publishing

I can demonstrate how to use key phrases in search engines to gather accurate information online.

I can explain what autocomplete is and how to choose the best suggestion. I can explain how the internet can be used to sell and buy things I can explain the difference between a 'belief', an 'opinion' and a 'fact. and can give examples of how and where they might be shared online, e.g. in videos, memes, posts, news stories etc.

#### Managing Online Information

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I can explain that not all opinions shared may be accepted as true or fair by others (e.g. monsters under the bed). I can describe and demonstrate how we can get help from a trusted adult if we see content that makes us feel sad, uncomfortable, worried or frightened.

I can analyse information to make a judgement about probable accuracy and I understand why it is important to make my own decisions regarding content and that my decisions are respected by others.

I can describe how to search for information within a wide group of technologies and make a judgement about the probable accuracy (e.g. social media, image sites, video sites).

#### Managing Online Information

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I can describe some of the methods used to encourage people to buy things online (e.g. advertising offers; in-app purchases, pop-ups) and can recognise some of these when they appear online.

I can explain why lots of people sharing the same opinions or beliefs online do not make those opinions or beliefs true. I can explain that technology can be designed to act like or impersonate living things (e.g. bots) and describe what the benefits and the risks might be.

I can explain what is meant by fake news e.g. why some people will create stories or alter photographs and put them online to pretend something is true when it isn't.

## Managing Online Information

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#### Managing Online Information

I can explain the benefits and limitations of using different types of search technologies e.g. voice-activation search engine. I can explain how some technology can limit the information I am presented with.

I can explain what is meant by 'being sceptical'; I can give examples of when and why it is important to be 'sceptical'. I can evaluate digital content and can explain how to make choices about what is trustworthy e.g. differentiating between adverts and search results.

I can explain key concepts including: information, reviews, fact, opinion, belief, validity, reliability and evidence.

## Managing Online Information

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I can identify ways the internet can draw us to information for different agendas, e.g. website notifications, pop-ups, targeted ads

I can describe ways of identifying when online content has been commercially sponsored or boosted, (e.g. by commercial companies or by vloggers, content creators, influencers).

I can explain what is meant by the term 'stereotype', how 'stereotypes' are amplified and reinforced online, and why accepting 'stereotypes' may influence how people think about others.

I can describe how fake news may affect someone's emotions and behaviour, and explain why this may be harmful.

## Managing Online Information

#### Managing Online Information

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I can explain what is meant by a 'hoax'. I can explain why someone would need to think carefully before they share.

I can explain how search engines work and how results are selected and ranked. I can explain how to use search technologies effectively. I can describe how some online information can be opinion and can offer examples.

Managing Online Information

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I can explain how and why I can define the terms some people may present I can demonstrate how to 'influence', 'manipulation' and 'opinions' as 'facts'; why the I understand the concept of analyse and evaluate the 'persuasion' and explain how popularity of an opinion or persuasive design and how it validity of 'facts' and someone might encounter information and I can explain the personalities of those can be used to influences these online (e.g. advertising why using these strategies promoting it does not peoples' choices. and 'ad targeting' and necessarily make it true, fair are important. targeting for fake news). or perhaps even legal. Managing Online Information Managing Online Information Managing Online Information Managing Online Information I can explain why information I can explain how companies that is on a large number of I can describe the difference and news providers target sites may still be inaccurate people with online news between online I can identify, flag and report or untrue. I can assess how stories they are more likely to misinformation and disinappropriate content. this might happen (e.g. the engage with and how to information sharing of misinformation or recognise this. disinformation). Managing Online Information Managing Online Information Managing Online Information Managing Online Information Early Years - 7 The impact that technology has on health, well-being and lifestyle including understanding negative behaviours and issues amplified and sustained by online technologies and the strategies for dealing with them. I can explain simple guidance I can explain rules to keep I can identify rules that help for using technology in keep us safe and healthy in I can give some simple myself safe when using different environments and and beyond the home when examples of these rules technology both in and settings e.g. accessing online using technology beyond the home. technologies in public places and the home environment. Health, well-being and lifestyle Health, Well-being and Lifestyle Health, Well-being and Lifestyle Health, Well-being and Lifestyle I can say how those rules / guides can help anyone accessing online technologies Health, Well-being and Lifestyle

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The impact that technology has on health, well-being and lifestyle including understanding negative behaviours and issues amplified and sustained by online technologies and the strategies for dealing with them.

I can explain why spending
too much time using
technology can sometimes
have a negative impact on
anyone; I can give some
examples of both positive
and negative activities where
it is easy to spend a lot of
time engaged

I can explain why some online activities have age restrictions, why it is important to follow them and know who I can talk to if others pressure me to watch or do something online that makes me feel uncomfortable (e.g. age restricted gaming or web sites).

I can explain how using technology can be a distraction from other things, in both a positive and negative way. I can identify times or situations when someone may need to limit the amount of time they use technology e.g. I can suggest strategies to help with limiting this time.

#### Health, Well-being and Lifestyle

Health, Well-being and Lifestyle

## Health, Well-being and Lifestyle

Health, Well-being and Lifestyle

I can describe ways technology can affect health and well-being both positively (e.g. mindfulness apps) and negatively.

I can describe some strategies, tips or advice to promote health and wellbeing with regards to technology. I recognise the benefits and risks of accessing information about health and well-being online and how we should balance this with talking to trusted adults and professionals.

I can explain how and why some apps and games may request or take payment for additional content (e.g. in-app purchases, lootboxes) and explain the importance of seeking permission from a trusted adult before purchasing.

#### Health, Well-being and Lifestyle

Health, Well-being and Lifestyle

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Health, Well-being and Lifestyle

I can describe common systems that regulate agerelated content (e.g. PEGI, BBFC, parental warnings) and describe their purpose. I recognise and can discuss the pressures that technology can place on someone and how / when they could manage this. I can recognise features of persuasive design and how they are used to keep users engaged (current and future use). I can assess and action different strategies to limit the impact of technology on health (e.g. night-shift mode, regular breaks, correct posture, sleep, diet and exercise).

Health, Well-being and Lifestyle

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Health, Well-being and Lifestyle

Early Years - 7 Behavioural and technical strategies to limit impact on privacy and protect data and systems against compromise. I can recognise more detailed I can identify some simple I can describe who would be I can explain how passwords examples of information that examples of my personal trustworthy to share this are used to protect is personal to someone (e.g information (e.g. name, information with; I can information, accounts and where someone lives and address, birthday, age, explain why they are trusted. devices. goes to school, family location). names). I can explain why it is I can describe and explain I can explain and give important to always ask a I can explain how passwords some rules for keeping trusted adult before sharing examples of what is meant by can be used to protect personal information private any personal information information, accounts and 'private' and 'keeping things (e.g. creating and protecting online, belonging to myself or devices. private'. passwords). others. I can explain how some people may have devices in their homes connected to the Privacy and security internet and give examples (e.g. lights, fridges, toys, televisions).

-11 ehavioural and technical strategies to	limit impact on privacy and protect dat  I can give reasons why  someone should only share	a and systems against compromise.	
I can describe simple strategies for creating and keeping passwords private.	information with people they choose to and can trust. I can explain that if they are not sure or feel pressured then they should tell a trusted adult.	I can describe how connected devices can collect and share anyone's information with others.	I can describe strategies for keeping personal information private, depending on context.
Privacy and Security	Privacy and Security	Privacy and Security	Privacy and Security
I can explain that internet use is never fully private and is monitored, e.g. adult supervision.	I can describe how some online services may seek consent to store information about me; I know how to respond appropriately and who I can ask if I am not sure.	I know what the digital age of consent is and the impact this has on online services asking for consent.	I can explain what a strong password is and demonstrate how to create one.
Privacy and Security	Privacy and Security	Privacy and Security	Privacy and Security
I can explain how many free apps or services may read and share private information (e.g. friends, contacts, likes, images, videos, voice, messages, geolocation) with others.	I can explain what app permissions are and can give some examples.	I can describe effective ways people can manage passwords (e.g. storing them securely or saving them in the browser).	I can explain what to do if a password is shared, lost or stolen.
Privacy and Security	Privacy and Security	Privacy and Security	Privacy and Security
I can describe how and why people should keep their software and apps up to date, e.g. auto updates.	I can describe simple ways to increase privacy on apps and services that provide privacy settings.	I can describe ways in which some online content targets people to gain money or information illegally; I can describe strategies to help me identify such content (e.g. scams, phishing).	I know that online services have terms and conditions that govern their use.
Privacy and Security	Privacy and Security	Privacy and Security	Privacy and Security
Early Years - 7 Protecting personal content and credition	ng the rights of others as well as addres	ssing potential consequences of illegal a	ccess, download and distribution.
I know that work I create belongs to me.	I can name my work so that others know it belongs to me.	I can explain why work I create using technology belongs to me	I can say why it belongs to me (e.g. 'I designed it' or 'I filmed it").
Copyright and Ownership	Copyright and Ownership	Copyright and Ownership	Copyright and Ownership
I can save my work under a suitable title or name so that others know it belongs to me (e.g. filename, name on content).	I understand that work created by others does not belong to me even if I save a copy	I can recognise that content on the internet may belong to other people.	I can describe why other people's work belongs to them
Copyright and Ownership	Copyright and Ownership	Copyright and Ownership	Copyright and Ownership

I can explain why copying someone else's work from the internet without permission isn't fair and can explain what problems this might cause.	When searching on the internet for content to use, I can explain why I need to consider who owns it and whether I have the right to reuse it.	I can give some simple examples of content which I must not use without permission from the owner, e.g. videos, music, images.	I can assess and justify when it is acceptable to use the work of others
Copyright and Ownership	Copyright and Ownership	Copyright and Ownership	Copyright and Ownership
I can give examples of content that is permitted to	I can demonstrate the use of search tools to find and	I can demonstrate how to make references to and	

used from the internet.

Copyright and Ownership

can be reused by others.

Copyright and Ownership

content can be found online.

Copyright and Ownership