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Exemplar PSHE / Relationships Education Lesson Summary
Unit: Online Safety
Lesson: Staying Safe Online
Phase: Secondary
Developmental Stage: Formal

What will learners learn?
Learners will:

- Understand the benefits and risks of being online
- Recognise unsafe online behaviour
- Know how to protect personal information
- Understand what to do if they receive upsetting or inappropriate content
- Develop strategies for safe online communication

Key Vocabulary

- Private information
- Online risk
- Personal information
- Block
- Report
- Trusted adult

Learning activities

- Exploring online scenarios
- Identifying safe and unsafe online choices
- Learning what information should remain private
- Practising reporting concerns
- Discussing online friendships and communication

What might learners communicate after this lesson?

- "I shouldn't share personal information"
- "I can block and report"
- "I know who to tell if I'm worried"
- "I can stay safe online"

Why is this lesson important?
As learners become more independent online, they need the knowledge and confidence to recognise risk, make informed decisions and seek help when necessary.