



Teacher's notes - Key Stage 3

How to keep safe on the Internet and on mobiles

The lesson is supported by online resources at bbc.co.uk/chatguide

Most young people chat or text each other daily either online or via their mobile phones. This is increasingly how children organise their social lives. They are adept at technology; messaging and swapping photos via their mobiles is easy, but do they know how to protect themselves from the small element that causes trouble?

Bullying is on the increase online and on mobiles and there is always the small danger of other more serious anti-social behaviour such as 'grooming' by paedophiles. It is highly unlikely your students will encounter this, but you should teach them the 'online rules of the road' to ensure they know how to protect themselves in the event anything does happen.

Teenagers particularly gain great benefit from interacting with the huge community of other teens online all over the world. Some are shy 'in real life' but socialise with confidence behind an online persona. Many of the teens in the BBC Teens community (bbc.co.uk/teens) find support from people of their own age, on relationship issues or problems at home such as divorce and family bereavement.



The ChatGuide lesson for Key Stage 3 covers the basic points your class should know, through a video and suggestions for whole class activities. We have also included facts to inform you such as information on how paedophiles groom. This section is for you only. It has been compiled with the assistance of experts from NCH - The Children's' Charity and The Lucy Faithfull Foundation.

ChatGuide has a website, bbc.co.uk/chatguide, where you can print off and use both the Key Stage 3 and the Key Stage 2 teaching kits the BBC has developed. The videos are both online and you can play them from the website, which might be useful if you have a fast Internet connection in your school. We would like to encourage you to make quality copies of this material to give to other teachers for their use. Finally, there's also a very good booklet you can print out and give to parents at parents' evenings or when they sign permission forms to agree to their children using the Internet at school.

“Right, let's get started! Why not integrate this lesson in online communication into your subject teaching?”

This teaching pack contains

- Confidential notes for you, written by Internet safety experts
- A fifteen minute video to show to the class
- Suggestions for whole class activities
- An Internet Diary template to photocopy and hand out the week before



Lesson Title: How to keep safe on the Internet and on mobiles

Objectives

By the end of the lesson the children should:

- 1 Understand all about chatting to others on the Internet and on mobiles
- 2 Be aware of the main difficulties they may meet online or on mobiles (bullying, spam etc)
- 3 Know the 'rules of the online road' and how to protect themselves

Preparation - The week before

- Give the class the Internet Diary to fill in one week before the lesson
- Address any knowledge gaps about the Internet and email
- Read the teachers notes and try out some chatrooms, use instant messaging and visit a message board.
- For more information on the technology of 'chat' visit bbc.co.uk/chatguide or bbc.co.uk/webwise

The lesson

Introduction suggestions (5-10 minutes)

- 1 Share the objectives of the lesson with the class
- 2 Show of hands – How many people use the Internet/email/chat/text...every day?
- 3 List all the different things the Internet is for on the whiteboard
- 4 Anybody ever had any problems on the Internet or from email (spam, bullying, computer viruses, arguments in chatrooms)?

Discussion in groups of 3-4 (10 minutes)

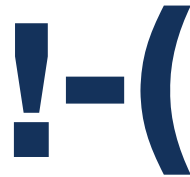
Using the Internet Diaries as a starting point address any knowledge gaps about the Internet and email

Explain...

- How you use the Internet
- How you use email
- How you use mobile texting
- How you meet people online

Tell...

- All about your online buddies
- About any online communities or online groups you belong to
- If you have ever been bullied online or via your mobile phone
- If you have ever received any emails you have not wanted to receive
- If you have ever gone to a website address and found it contained material which might have upset you
- If you have ever received any marketing pop-ups or emails you didn't want to receive





The lesson (continued)

Introduce and play the video (20 minutes)

- 1 Hand out the quiz on the video and ask the class to note down the answers to the questions as the video is playing
- 2 Introduce the video
- 3 Play the video
- 4 Check the answers to the quiz by a show of hands

Wrap up the lesson by underlining these key points:

- Keep your personal details safe (passwords, name, address)
- NEVER meet up with someone you have met online 'in real life' on your own
- Don't open attachments sent by people you don't know, they may contain viruses
- People use 'personas' or different identities online. Ask yourself is the person I have met online reliable? Are they really the age they say they are?
- If anybody bullies you online or via your mobile phone tell someone and get help
- If anyone makes you feel uncomfortable online, leave the chat and tell someone if it continues



A chatroom



An instant messenger



A message board

“Never accept emails from people you don't know. Don't open any attachments as they may contain viruses”

Notes for Teachers

These facts were compiled with the assistance of The Lucy Faithfull Foundation and NCH - the childrens' charity.

Why online chat is important for Teenagers

Statistics indicate that teenagers love chatting online, therefore they need this lesson to enable them to access all the wonderful benefits the Internet gives, confidently, and in safety!

Why teaching online safety is important

Experts have suggested that the risk of encountering a paedophile online is small. Offenders use a technique called 'grooming' to get to know a child or teenager. Once young people are made aware of the dangers expert views suggest the risk should become almost negligible.

The online social world is just like the 'real world' and offers the same friendships and fun, but also the same problems. You can teach your students how to protect themselves against online dangers such as bullying or grooming. Once children know the online 'rules of the road' they can take advantage of all the wonderful things the Internet can offer knowing how to protect themselves. Just as parents teach young children to cross roads safely, the safety lessons of the Internet also need to be taught.



“The Internet is just one way offenders can get to know children and their families”

‘Grooming’– the facts

Grooming is the process whereby a paedophile creates the opportunity to sexualise contact with a child and takes steps to prevent the behaviour being discovered or disclosed.

Grooming may involve the offender identifying and exploiting vulnerability in a child.

Who ‘grooms’ children?

A paedophile is someone with an exclusive, sexual interest in pre-pubescent children. They can be extremely diligent in their preparations; some will spend weeks, months or even years getting to know the child before inviting them to meet up or before asking for a child's mobile phone number.

They are 'nice people', they don't look different to the rest of us and they will be sure to be up to date with all the latest information on fashions, sports and pop bands.

Most online activity by paedophiles entails the swapping of graphic sexual images between 'collectors'. Their interest is normalised through contact with others who are sexually attracted to children, "If there are others doing this, it must be OK", "Children are sexual beings too, they just haven't started being active sexually yet"; "I really do genuinely love the children I touch sexually".

Many paedophiles can now be tracked – to some degree – by examining the Internet and computer usage of those who may have been reported. It is therefore something which is beginning to be traceable and visible. Agencies such as the police and schools can now teach children and parents how to deal with the problem and therefore reduce the risks.

Where sexual abuse happens...

The vast majority of children are sexually abused in their own homes by people they know. The Internet is just one way offenders can get to know children and their families.

Many offenders make contact via off-line methods (clubs, getting to know single parents and so on).

The online risk is extremely low, but it is there.

'Grooming'—the facts (continued)

Information from the experts on 'grooming'...

Experts suggest that offenders 'groom' children by talking to them about the things they are interested in, music, holidays, school, family and friends. They gain the child's trust, then begin to 'sexualise' the conversations to lead the child into believing that sex with their older 'best friend' is natural and normal.

Paedophiles may pretend to be the same age as the child or a little older. They may pose as two or more different characters, perhaps a girl of a similar age who introduces her dad or older brother. Some will be honest about their age and claim not to get on with adults.

They may gradually introduce sexual topics into chat to normalise sexual behaviour

Some will expose the child to pornography and play on an adolescent child's curiosity about sex, while others will say they respect the child too much to talk about sex.

They may encourage the use of a web cam (a tiny camera which sits on the top of a computer, capable of transmitting live images over the Internet).

By the time the child first goes to meet the paedophile she (or he) will no longer be thinking of him as a being a 'stranger'.

What you can do, as teachers...

Teach your children how to keep safe on the Internet.

If a child tells you they have experienced something in a chatroom, on instant messaging, or in a message board which has made them feel uncomfortable, assess if this is an isolated incident or something which has a history. If you feel there is something to investigate, follow your school's local 'Children at Risk' procedures.

If you need to report anything, you can do so on the Internet Watch Foundation's website. The website has been set up for this purpose and any incidents should be reported in this way, rather than by telephone: iwf.org.uk

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Things teachers and parents should look out for

(Note: only prolonged evidence of multiples of the following activities should give you cause for concern):

- If anyone has been asked to send pictures of themselves, or their friends, to others
- Excessive use of online services or the Internet, especially late at night
- Long periods of unsupervised time in un-moderated chatrooms
- The downloading of very large amounts of graphics files (those ending in .jpg, .gif, .bmp, .tif, .pcx)
- Phone calls from strangers
- Face to face meetings with people they have met online



Chatguide Video Questions

“OK you ‘orrible little lot, pay attention and write down those answers. Look lively now!”

Q1 What are the advantages of using the Internet?

.....
.....
.....
.....

Q2 When surfing the ‘net’, using chatrooms or message boards, what should you do to protect your privacy?

List here leaving space for all the right answers

a)
.....
b)
.....
c)
.....
d)
.....
e)
.....

Q3 What do you think the three sketches of Jade, Jack and Soraya are trying to tell you? Add brief reminder of which clip they were in.

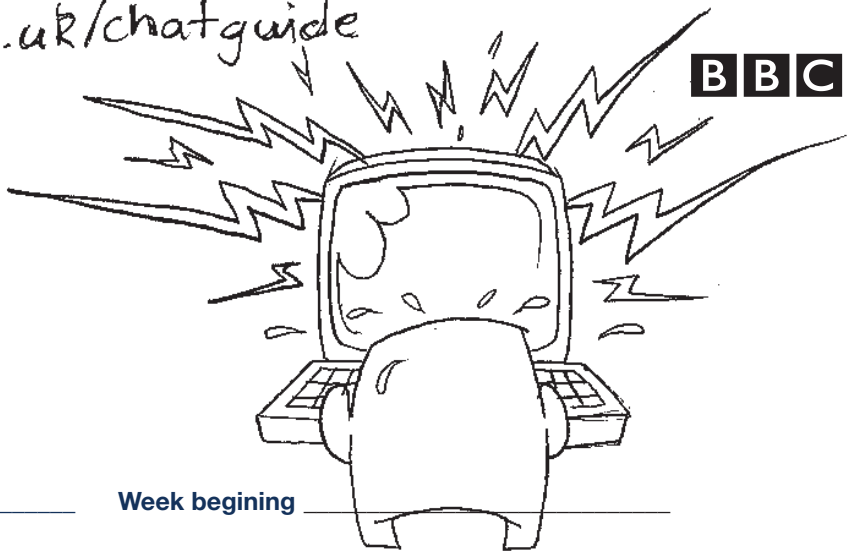
.....
.....
.....

Q4 Why is it a good idea to stick to public chat rooms when using the Internet?

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.....
.....

Q5 When you meet someone, you can tell whether they are 15 or not? Can you when you are chatting to them on the ‘net’?

.....
.....
.....



My Internet Diary

Name _____ Week beginning _____

Day/Week/Time	Website Names	What did you do?

Glossary

There are two main kinds of online conversations you can have, and they are both in text. One happens instantly (chatrooms and instant messaging for example) and the other is more like leaving a sticky note on a notice board which others can reply to by leaving a second note at any time later (message boards or forums).

Chatroom – A web page that contains a large window into which you can type text, enabling a real-time conversation between many people at the same time. Up to 50 people at a time can chat together simultaneously. A side-window gives the names of those who are ‘online’ with you.

Private Chatroom – Some websites allow people to open their own chatrooms to have one to one conversations with others as they wish. It is much more fun, and safer, for children to stay in public chatrooms.

Instant Messaging – A very small window where you can chat to a small group of up to 10 people at a time. Instant Messaging (‘IM’) is normally used for one to one conversations in real time. It’s safer than private chatrooms as only people who you have put on your own ‘buddy list’ can communicate with you.

Thanks to: NCH - The Children’s Charity, Childnet, The Lucy Faithfull Foundation and The National College of School Leaders

Message Board (or ‘forum’) – Messages are left asynchronously and appear as lists or ‘threads’ for others to see.

Online Community – Groups of friends or fans who meet regularly and chat to each other in chatrooms or message board discussions. Online Communities normally form around hobbies, interests or ‘cult’ television programmes.

Flaming – Duplicate or off-topic messages posted time after time, in order to disrupt a chatroom.

Spam – unwanted emails.

Mobile Chat (‘texting’ or ‘SMS-ing’) – You are likely to be familiar with texting on mobile phones but here’s some examples of text messages, for more go to bbc.co.uk/chatguide

atb	all the best
bbfn	bye bye for now
cul8er	see you later
gr8	great!
idk	I don’t know
imbl	it must be love
kit	keep in touch
paw	parents are watching
lol	laugh out loud
xlnt	excellent!

Useful links and further resources

BBC ChatGuide: bbc.co.uk/chatguide

BBC Teens: bbc.co.uk/teens

DFEE: safety.ngfl.gov.uk

Childline: childline.org.uk/Safesurfing.asp

Childnet: kidsmart.org.uk and the **Childnet Challenge:** childnetchallenge.org

For Kids By Kids: fkbko.co.uk

NCH The Childrens’ Charity: ncha.fc.org.uk/itok

Safe Teens.com: safeteens.com

Netsmartz: netsmartz.org/index.htm

Parents Online: parentsonline.gov.uk/safety

And don’t forget to visit the BBC Schools page: bbc.co.uk/schools