Digital Resilience and Online Safety Resource Bank

The resources below have been categorised to assist you in planning progressive programmes of work for pupils focussed on digital resilience and online safety. The list is not exhaustive, but all of the resources are freely available from the links provided, and all are produced by credible and nationally recognised organisations. The resources can also be accessed from the Perth and Kinross Education Glow site within the Child Protection area.

Many of the resources match a number of Experiences and Outcomes across Mental and Emotional Wellbeing, Physical Wellbeing and Relationships, Sexual Health and Parenthood, therefore have been included more than once to allow for flexibility in planning across different year groups.

Mental and Emotional Wellbeing

I am aware of and able to express my feelings and am developing the ability to talk about them.
HWB 0-01a / HWB 1-01a / HWB 2-01a / HWB 3-01a / HWB 4-01a

EARLY / FIRST LEVELS	SECOND LEVEL	THIRD AND FOURTH LEVELS
BBC Bitesize https://www.bbc.co.uk/bitesize/topics/zk9qnrd/resources/1 https://www.bbc.co.uk/bitesize/topics/zhjxfg8/resources/1 Project Evolve – Health, Wellbeing and Lifestyle https://projectevolve.co.uk/	Think Before You Speak, Post or Hit Send https://educateempowerkids.org/lesson-think-speak-post-hit-send/ Project Evolve – Health, wellbeing and Lifestyle https://projectevolve.co.uk/	We All Have Mental Health (11-14) https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/we-all-have-mental-health-animation-teacher-toolkit/ Ineqe Safeguarding Hub Emotions Journal https://ineqe.com/safeguarding-hub/

I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.
HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a

EARLY / FIRST LEVELS	SECOND LEVEL	THIRD AND FOURTH LEVELS
BBC Bitesize https://www.bbc.co.uk/bitesize/topics/zk9qnrd/resources/1 https://www.bbc.co.uk/bitesize/topics/zhjxfg8/resources/1 Project Evolve – Self Image and Identity https://projectevolve.co.uk/ Be Internet Legends – Digital Wellbeing Lessons 1 & 2 Age 7-9 https://beinternetawesome.withgoogle.com/en_uk/toolkit	Think Before You Speak, Post or Hit Send https://educateempowerkids.org/lesson-think-speak-post-hit-send/ BBC Own It https://www.bbc.com/ownit/its-personal Be Internet Legends - Digital Wellbeing Lesson 1 & 2 Age 9-11 https://beinternetawesome.withgoogle.com/en_uk/toolkit	Childnet Digital Resilience Lesson (11-14) https://www.childnet.com/resources/digital-resilience NSPCC It's Not OK – Becky's Story (11-14) https://learning.nspcc.org.uk/research-resources/schools/its-not-ok We All Have Mental Health (11-14) https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/we-all-have-mental-health-animation-teacher-toolkit/

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I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.
HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a

EARLY / FIRST LEVELS	SECOND LEVEL	THIRD AND FOURTH LEVELS
BBC Bitesize https://www.bbc.co.uk/bitesize/topics/zk9qnrd/resources/1 https://www.bbc.co.uk/bitesize/topics/zhjxfg8/resources/1 Childnet Smartie the Penguin https://www.childnet.com/resources/smartie-the-penguin Project Evolve Self Image and Identity (Early Years – 7) Project Evolve – Health, wellbeing and Lifestyle (Early-7) Project Evolve – Online Bullying https://projectevolve.co.uk/	BBC Own It https://www.bbc.com/ownit/its-personal Project Evolve – Health, wellbeing and Lifestyle Project Evolve – Online Bullying https://projectevolve.co.uk/ Be Internet Legends Age 9-11 https://beinternetlegends.withgoogle.com/en_uk/toolkit	Childnet Digital Resilience Lesson (11-14) https://www.childnet.com/resources/digital-resilience NSPCC It's Not OK (11-14) https://learning.nspcc.org.uk/research-resources/schools/its-not-ok We All Have Mental Health (11-14) https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/we-all-have-mental-health-animation-teacher-toolkit/ NSPCC Stop Speak Campaign (11-16) https://learning.nspcc.org.uk/research-resources/schools/stop-speak-support-school-pack Childnet – Let's Fight It Together https://www.childnet.com/resources/lets-fight-it-together Project Evolve – Health, wellbeing and Lifestyle Project Evolve – Online Bullying https://projectevolve.co.uk/

I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.
HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a

EARLY / FIRST LEVELS	SECOND LEVEL	THIRD AND FOURTH LEVELS
BBC Bitesize https://www.bbc.co.uk/bitesize/topics/zk9qnrd/resources/1 https://www.bbc.co.uk/bitesize/topics/zhjxfg8/resources/1 Safety Snakes https://www.barefootcomputing.org/resources/safety-snakes Childnet Smartie the Penguin https://www.childnet.com/resources/smartie-the-penguin Childnet – Digiduck's Big Decision https://www.childnet.com/resources/digiduck-stories/digiducks-big-decision Project Evolve – Health, Wellbeing and Lifestyle https://projectevolve.co.uk/	Think Before You Speak, Post or Hit Send https://educateempowerkids.org/lesson-think-speak-post-hit-send/ BBC Own It https://www.bbc.com/ownit/its-personal Project Evolve – Health, wellbeing and Lifestyle Project Evolve – Online Relationships https://projectevolve.co.uk/ Be Internet Legends Age 9-11 https://beinternetlegends.withgoogle.com/en_uk/toolkit	Online Stress – Social Media and FOMO Lesson (11-15) https://campaignresources.phe.gov.uk/schools/resources/online-stress-fomo-lesson-plan-pack We All Have Mental Health (11-14) https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/we-all-have-mental-health-animation-teacher-toolkit/ Dove "Confident Me" Self Esteem Programme https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html Dove Real Beauty Sketches http://www.youtube.com/watch?v=litXW91UauE&feature=youtu.be Body Image in a Digital World Lesson (11-15) https://campaignresources.phe.gov.uk/schools/resources/body-image-lesson-plan-pack Perth High School S2 pupil film – What is Beauty? https://www.youtube.com/watch?v=Ly2vp2tLH8s

		Project Evolve – Health, Wellbeing and Lifestyle https://projectevolve.co.uk/ Ineqe Safeguarding Hub Emotions Journal https://ineqe.com/safeguarding-hub/

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.
HWB 0-05a / HWB 1-05a / HWB 2-05a / HWB 3-05a / HWB 4-05a

EARLY / FIRST LEVELS	SECOND LEVEL	THIRD AND FOURTH LEVELS

Safety Snakes https://www.barefootcomputing.org/resources/safety-snakes
 	
Childnet Smartie the Penguin https://www.childnet.com/resources/smartie-the-penguin
 	
Childnet Digiduck's Big Decision https://www.childnet.com/resources/digiduck-stories/digiducks-big-decision
 	
Project Evolve – Self Image and Identity
Project Evolve – Online Bullying
Project Evolve – Online Relationships https://projectevolve.co.uk/
	CEOP Play, Like Share (8-10)
	         #Liveskills (8-11) https://www.thinkuknow.co.uk/
	
	Think Before You Speak, Post or Hit Send https://educateempowerkids.org/lesson-think-speak-post-hit-send/
	
	Project Evolve – Online Bullying
	Project Evolve – Online Relationships https://projectevolve.co.uk/
	
	Ineqe Safeguarding Hub Be a Cyber Hero https://ineqe.com/safeguarding-hub/
	
	Be Internet Legends – Lesson 6
	Age 9-11
		CEOP Thinkuknow Toolkit
		     First to a Million https://www.thinkuknow.co.uk/
		
		Online Stress – Social Media and FOMO Lesson (11-15) https://campaignresources.phe.gov.uk/schools/resources/online-stress-fomo-lesson-plan-pack
		
		Online Bullying Lesson (11-14) https://campaignresources.phe.gov.uk/schools/resources/bullying-lesson-plan-pack
		
		NSPCC It's Not OK (11-14) https://learning.nspcc.org.uk/research-resources/schools/its-not-ok
		
		NSPCC Stop Speak Campaign (11-16)

| | https://beinternetlegends.withgoogle.com/en_uk/toolkit | https://learning.nspcc.org.uk/research-resources/schools/stop-speak-support-school-pack

Childnet – Let's Fight it Together
https://www.childnet.com/resources/lets-fight-it-together

Project Evolve – Online Bullying
Project Evolve – Online Relationships
https://projectevolve.co.uk/ |

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.
HWB 0-06a / HWB 1-06a / HWB 2-06a / HWB 3-06a / HWB 4-06a

EARLY / FIRST LEVELS	SECOND LEVEL	THIRD AND FOURTH LEVELS
BBC Bitesize https://www.bbc.co.uk/bitesize/topics/zk9qnrd/resources/1 https://www.bbc.co.uk/bitesize/topics/zhjxfg8/resources/1 Project Evolve Self Image and Identity Project Evolve – Health, wellbeing and Lifestyle Project Evolve – Online Bullying Project Evolve – Online Relationships https://projectevolve.co.uk/	BBC Own It https://www.bbc.com/ownit/its-personal Project Evolve – Health, Wellbeing and Lifestyle Project Evolve – Online Bullying Project Evolve – Online Relationships https://projectevolve.co.uk/ Ineqe Safeguarding Hub Be a Cyber Hero https://ineqe.com/safeguarding-hub/	Childnet Digital Resilience Lesson (11-14) https://www.childnet.com/resources/digital-resilience Online Bullying Lesson (11-14) https://campaignresources.phe.gov.uk/schools/resources/bullying-lesson-plan-pack NSPCC It's Not OK (11-14) https://learning.nspcc.org.uk/research-resources/schools/its-not-ok We All Have Mental Health (11-14)

	Be Internet Legends – Digital Wellbeing Lesson 1 & 2 Age 9-11 https://beinternetlegends.withgoogle.com/en_uk/toolkit	https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/we-all-have-mental-health-animation-teacher-toolkit/ Childnet – Let's Fight it Together https://www.childnet.com/resources/lets-fight-it-together Project Evolve – Health, Wellbeing and Lifestyle Project Evolve – Online Bullying Project Evolve – Online Relationships https://projectevolve.co.uk/

I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.
HWB 0-08a / HWB 1-08a / HWB 2-08a / HWB 3-08a / HWB 4-08a

EARLY / FIRST LEVELS	SECOND LEVEL	THIRD AND FOURTH LEVELS
BBC Bitesize https://www.bbc.co.uk/bitesize/topics/zhjxfg8/resources/1 Childnet Smartie the Penguin https://www.childnet.com/resources/smartie-the-penguin Childnet Digiduck's Big Decision https://www.childnet.com/resources/digiduck-stories/digiducks-big-decision	Think Before You Speak, Post or Hit Send https://educateempowerkids.org/lesson-think-speak-post-hit-send/ BBC Own It https://www.bbc.com/ownit/its-personal Project Evolve – Online Bullying https://projectevolve.co.uk/ Ineqe Safeguarding Hub Be a Cyber Hero	NSPCC Stop Speak Campaign (11-16) https://learning.nspcc.org.uk/research-resources/schools/stop-speak-support-school-pack Childnet – Let's Fight it Together https://www.childnet.com/resources/lets-fight-it-together Project Evolve – Online Bullying https://projectevolve.co.uk/

Project Evolve – Online Bullying https://projectevolve.co.uk/	https://ineqe.com/safeguarding-hub/ Be Internet Legends – Lesson 6 Age 9-11 https://beinternetlegends.withgoogle.com/en_uk/toolkit	

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As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.
HWB 0-09a / HWB 1-09a / HWB 2-09a / HWB 3-09a / HWB 4-09a

EARLY / FIRST LEVELS	SECOND LEVEL	THIRD AND FOURTH LEVELS
Safety Snakes https://www.barefootcomputing.org/resources/safety-snakes Childnet Digiduck's Big Decision https://www.childnet.com/resources/digiduck-stories/digiducks-big-decision Project Evolve – Online Bullying https://projectevolve.co.uk/	BBC Own It https://www.bbc.com/ownit/its-personal Project Evolve – Online Bullying https://projectevolve.co.uk/ Ineqe Safeguarding Hub Be a Cyber Hero https://ineqe.com/safeguarding-hub/ Be Internet Legends Age 9-11 https://beinternetlegends.withgoogle.com/en_uk/toolkit	Childnet – Let's Fight it Together https://www.childnet.com/resources/lets-fight-it-together Project Evolve – Online Bullying https://projectevolve.co.uk/ NSPCC Stop Speak Campaign (11-16) https://learning.nspcc.org.uk/research-resources/schools/stop-speak-support-school-pack

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I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.
HWB 0-10a / HWB 1-10a / HWB 2-10a / HWB 3-10a / HWB 4-10a

EARLY / FIRST LEVELS	SECOND LEVEL	THIRD AND FOURTH LEVELS
Let Toys be Toys Lesson (Link with LIT 2.08a) http://www.lettoysbetoys.org.uk/toys-and-stereotypes-ks2-activity-2/	Think Before You Speak, Post or Hit Send https://educateempowerkids.org/lesson-think-speak-post-hit-send/	Childnet – Let's Fight it Together https://www.childnet.com/resources/lets-fight-it-together Project Evolve – Online Bullying https://projectevolve.co.uk/

Physical Wellbeing

I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible. HWB 0-16a / HWB 1-16a / HWB 2-16a / HWB 3-16a / HWB 4-16a I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations. HWB 0-17a / HWB 1-17a / HWB 2-17a / HWB 3-17a / HWB 4-17a	

EARLY / FIRST LEVELS	SECOND LEVEL	THIRD AND FOURTH LEVELS

CEOP Jessie and Friends
https://www.thinkuknow.co.uk/
 	
Safety Snakes
https://www.barefootcomputing.org/resources/safety-snakes
 	
Childnet – Smartie the Penguin
https://www.childnet.com/resources/smartie-the-penguin
 	
Childnet Digiduck's Famous Friend
https://www.childnet.com/resources/digiduck-stories/digiducks-famous-friend
 	
DigiSafe -Undressed
https://undressed.lgfl.net/
 	
Project Evolve – Privacy and Security
https://projectevolve.co.uk/
 	
Be Internet Legends
Age 7-9
	CEOP Play, Like Share (8-10)
	          #Liveskills (8-11)
	https://www.thinkuknow.co.uk/
	
	Childnet – The Adventures of Kara. Winston and the Smart Crew
	https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/smart-crew-guidance-and-activities
	
	Project Evolve – Privacy and Security
	https://projectevolve.co.uk/
	
	Be Internet Legends
	Age 9-11
	https://beinternetlegends.withgoogle.com/en_uk/toolkit
		CEOP First to a Million (11-14)
		          #Liveskills 11+
		          Thinkuknow Toolkit (11+)
		          Send me a pic? (12-14)
		          Online Blackmail (15-18)
		https://www.thinkuknow.co.uk/
		
		 NSPCC It's Not OK – Lee-Ann's Story (11-14)
		  https://learning.nspcc.org.uk/research-resources/schools/its-not-ok
		
		Childnet – Jenny's Story
		
		https://www.childnet.com/resources/jennys-story
		
		Project Evolve – Online Relationships
		https://projectevolve.co.uk/

https://beinternetlegends.withgoogle.com/en_uk/toolkit		

Relationships, Sexual Health and Parenthood

EARLY/FIRST LEVELS

I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 0-44a / HWB 1-44a
BBC Bitesize https://www.bbc.co.uk/bitesize/topics/zhjxfg8/resources/1

I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 0-44b / HWB 1-44b
BBC Bitesize https://www.bbc.co.uk/bitesize/topics/zhjxfg8/resources/1 Safety Snakes https://www.barefootcomputing.org/resources/safety-snakes Childnet – Smartie the Penguin https://www.childnet.com/resources/smartie-the-penguin Childnet Digiduck's Big Decision https://www.childnet.com/resources/digiduck-stories/digiducks-big-decision

Childnet Digiduck's Famous Friend
https://www.childnet.com/resources/digiduck-stories/digiducks-famous-friend

Project Evolve – Online Bullying
Project Evolve – Online Relationships
https://projectevolve.co.uk/

Be Internet Legends
Age 7-9
https://beinternetlegends.withgoogle.com/en_uk/toolkit

I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this.
HWB 0-49a / HWB 1-49a

CEOP   Jessie and Friends
https://www.thinkuknow.co.uk/4_7/

DigiSafe – Undressed
https://undressed.lgfl.net/

I understand that a wide range of different kinds of friendships and relationships exist.
HWB 2-44a

CEOP   Play, Like Share (8-10)
        #Liveskills (8-11)
https://www.thinkuknow.co.uk/

Childnet – The Adventures of Kara. Winston and the Smart Crew
https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/smart-crew-guidance-and-activities

I am aware that positive friendships and relationships can promote health and the health and wellbeing of others
HWB 2-44b

Think Before You Speak, Post or Hit Send
Lesson: Think Before You Speak, Post or Hit Send - Educate Empower Kids

Project Evolve – Online Bullying
Project Evolve – Online Relationships
https://projectevolve.co.uk/

Be Internet Legends – Lesson 6
Age 9-11
https://beinternetlegends.withgoogle.com/en_uk/toolkit

I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it.
HWB 2-49a

CEOP   Play, Like Share (8-10)
        #Liveskills (8-11)
https://www.thinkuknow.co.uk/

Be Internet Legends – Lesson 5 and 6
Age 9-11
https://beinternetlegends.withgoogle.com/en_uk/toolkit

BBC Own It
https://www.bbc.com/ownit/its-personal

Childnet – The Adventures of Kara. Winston and the Smart Crew
https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/smart-crew-guidance-and-activities

I understand the importance of being cared for and caring for others in relationships, and can explain why.
HWB 3-44a / HWB 4

NSPCC It's Not Ok
https://learning.nspcc.org.uk/research-resources/schools/its-not-ok

NSPCC Stop Speak Campaign (11-16)
https://learning.nspcc.org.uk/research-resources/schools/stop-speak-support-school-pack

Childnet – Let's Fight it Together
https://www.childnet.com/resources/lets-fight-it-together

I understand and can demonstrate the qualities and skills required to sustain different types of relationships.
HWB 3-44b / HWB 4-

Online Bullying Lesson (11-14)
https://campaignresources.phe.gov.uk/schools/resources/bullying-lesson-plan-pack

NSPCC It's Not OK (11-14)
https://learning.nspcc.org.uk/research-resources/schools/its-not-ok

NSPCC Stop Speak Campaign (11-16)

https://learning.nspcc.org.uk/research-resources/schools/stop-speak-support-school-pack

Childnet – Let's Fight it Together
https://www.childnet.com/resources/lets-fight-it-together

Project Evolve – Online Bullying
Project Evolve – Online Relationships
https://projectevolve.co.uk/

I understand and can explain the importance of, and need for commitment, trust and respect in loving and sexual relationships understand the different contexts of such relationships including marriage.
HWB 3-44c / HWB 4

I recognise that power can exist within relationships and can used positively as well as negatively.
HWB 3-45a / HWB 4

CEOP   #Liveskills 11+
          Thinkuknow Toolkit 11+
           Send Me a Pic 12-14
          Exploited 14+
          Online Blackmail 15-18
https://www.thinkuknow.co.uk/

Breck Bednar Story – Breck's Last Game
https://www.breckfoundation.org/brecks-last-game

Kayleigh's Love Story
https://www.leics.police.uk/kayleighslovestory

NSPCC It's Not OK (11-14)
https://learning.nspcc.org.uk/research-resources/schools/its-not-ok

Project Evolve – Online Relationships
https://projectevolve.co.uk/

I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions.
HWB 3-46b / HWB 4-46b

Dove "Confident Me" Self Esteem Programme
https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html

Dove Real Beauty Sketches
http://www.youtube.com/watch?v=litXW91UauE&feature=youtu.be

Body Image in a Digital World Lesson (11-15)
https://campaignresources.phe.gov.uk/schools/resources/body-image-lesson-plan-pack

Perth High School S2 pupil film – What is Beauty?
https://www.youtube.com/watch?v=Ly2vp2tLH8s

Project Evolve – Self Image and Identity
Project Evolve – Health, Wellbeing and Lifestyle
https://projectevolve.co.uk/

Ineqe Safeguarding Hub Should You Stream It?
https://ineqe.com/safeguarding-hub/

I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult.
HWB 3-46c / HWB 4-46c

CEOP   #Liveskills (11+)
         Thinkuknow Toolkit (11+)
          Send Me a Pic (12-14)
         Exploited (14+)
         Online Blackmail (15-18)
https://www.thinkuknow.co.uk/

NSPCC It's Not OK (11-14)
https://learning.nspcc.org.uk/research-resources/schools/its-not-ok

NSPCC Stop Speak Campaign (11-16)
https://learning.nspcc.org.uk/research-resources/schools/stop-speak-support-school-pack

Childnet – Jenny's Story
https://www.childnet.com/resources/jennys-story

Project Evolve – Online Relationships
https://projectevolve.co.uk/

Ineqe Safeguarding Hub Should You Stream It?
https://ineqe.com/safeguarding-hub/

I understand my own body's uniqueness, my developing sexuality, and that of others.
HWB 3-47a / HWB 4-47a

Dove "Confident Me" Self Esteem Programme
https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html

Dove Real Beauty Sketches
http://www.youtube.com/watch?v=litXW91UauE&feature=youtu.be

Body Image in a Digital World
https://campaignresources.phe.gov.uk/schools/resources/body-image-lesson-plan-pack

Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' sexual health and wellbeing.
HWB 3-47b / HWB 4-47b

CEOP #Liveskills (11+)
        Thinkuknow Toolkit (11+)
         Send Me a Pic (12-14)
        Exploited (14+)
https://www.thinkuknow.co.uk/

Childnet – Jenny's Story
  https://www.childnet.com/resources/jennys-story

Ineqe Safeguarding Hub Should You Stream It?
https://ineqe.com/safeguarding-hub/

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I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law.
HWB 3-48a / HWB 4-48a

I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what is appropriate sexual behaviour.
HWB 3-49a / HWB 4-49a

I know where to get support and help with situations involving abuse and I understand that there are laws which protect me from different kinds of abuse.
HWB 3-49b / HWB 4-

Thames Valley Police Animation " Tea and Consent"
http://www.thamesvalley.police.uk/consent-is-everything

Home Office "Disrespect Nobody" resource: 3 sessions
   1. What is teenage relationship abuse
   2. Consent
   3. Sharing Sexual Images
https://www.disrespectnobody.co.uk/

CEOP   #Liveskills (11+)
          First to a Million (11-14)
          Thinkuknow Toolkit (11+)
          Exploited (14+)
https://www.thinkuknow.co.uk/

NSPCC It's Not OK (11-14)
 https://learning.nspcc.org.uk/research-resources/schools/its-not-ok

NSPCC Stop Speak Campaign (11-16)
https://learning.nspcc.org.uk/research-resources/schools/stop-speak-support-school-pack

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Childnet – Jenny's Story
https://www.childnet.com/resources/jennys-story

Project Evolve – Online Relationships
https://projectevolve.co.uk/

Additional Resources - ASN

Index of Online Harms

The Index of Harms highlights the indicators and behaviours that may be of concern and offers suggested intervention and escalations. In particular, the resource aims to support professionals working with CYP with ASN, LGBTQ+ CYP as well as care-experienced CYP

https://www.internetmatters.org/inclusive-digital-safety/advice-for-professionals/online-harms-index/

STAR Toolkit

An extensive teaching toolkit to equip, enable and empower educators with the relevant knowledge they need to support young people with additional support needs.

https://www.childnet.com/resources/star-send-toolkit

Inclusive Digital Safety Resource Hub

The hub is designed to empower parents, carers, and professionals with tailored advice and insight to make meaningful interventions in the lives of children and young people most likely to experience online risks.

https://www.internetmatters.org/inclusive-digital-safety/

Be Safe and Smart Online

Resources created in partnership with The National Deaf Children's Society. They are designed to help and support deaf young people and their parents, carers and teachers to help and remind them how to stay safe online.

https://www.childnet.com/resources/be-safe-and-smart-online

Thinkuknow

The Thinkuknow programme has adapted resources for children and young people from age 4 – 14+ for use with children and young people who have ASN.

https://www.thinkuknow.co.uk/professionals/resources/