

ZEEKO



APPYNESS ONLINE

PEER TO PEER INTERNET SAFETY EDUCATION

Fill in your name

PEER LEADER WORKBOOK

Secondary 1 - NI and Scotland

Year 7 - England and Wales

6th Class - Ireland

Who is my Peer Leader Team?

Using your pencil, list the names of the other pupils from your class who are on your Peer Leader Team. A typical class of 30 pupils will have 10 Peer Leaders in each team.

Peer Leader Names from my Peer Leader Team	
1. Fill in your name here	2. Fill in the name of your Peer Partner here
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.

Who am I Teaching?

Assigned Class to Teach (Circle as appropriate)

Primary 5	Year 4	3 rd Class
Primary 6	Year 5	4 th Class
Primary 7	Year 6	5 th Class

Class Assigned Teacher's Name: _____

From your assigned class, list your Pupil Group names for when you are a Group Leader. A typical class of 30 pupils will have 6 groups of 4 pupils and 2 groups of 3 pupils. So you should fill in 3-4 names below.

Pupil Group Names from my Pupil Group	
1.	2.
3.	4.
5.	6.

Which Lesson am I Presenting & Photocopying?

You will be a Presenter for **one** of the lessons below. For the remaining lessons you will be a Group Leader. For the lesson you are presenting, fill in the name of your Peer Partner from your Peer Leader Team who will present with you. Also, fill in the date of the lesson that you will present. You will photocopy the presenter sheets; group leader sheets; classroom activity worksheets; and homework activity worksheets for one other lesson. For the lesson you are photocopying, fill in the date you need to complete the photocopying by, in advance of the lesson.

LESSON 1: SELF ESTEEM	Peer Partner Name:	Lesson Date:	Photocopying Date:
LESSON 2: DIGITAL FOOTPRINT	Peer Partner Name:	Lesson Date:	Photocopying Date:
LESSON 3: SCREEN TIME	Peer Partner Name:	Lesson Date:	Photocopying Date:
LESSON 4: FRIENDS ONLINE	Peer Partner Name:	Lesson Date:	Photocopying Date:
LESSON 5: CYBERBULLYING	Peer Partner Name:	Lesson Date:	Photocopying Date:

LESSON 1 - APPYNESS ONLINE OVERVIEW

Classroom activity worksheet for Appyness Online Overview

By writing up a classroom contract it allows the class to agree on what kind of peer leaders they want to be. Make sure to sign the contract when you are done!

As a Peer Leader, I promise that I will...

Signed: _____

LESSON 1 - APPYNESS ONLINE OVERVIEW

What topics do the Peer Leaders teach?

Below is a quick run through of the 5 key themes of Internet safety that will be taught through the lessons.

Internet Safety Breakdown Sheet

Lesson	Class being taught	Key points to know
LESSON 1: SELF-ESTEEM	3 rd , 4 th , 5 th	<ul style="list-style-type: none">- Using the Internet can affect how you feel about yourself.- Sometimes friends put pressure on us to use certain apps and play certain games, even though we may not want to.- Social media can make us compare our lives with others.- Number 1 thing is to be yourself when using the Internet!
LESSON 2: DIGITAL FOOTPRINT	4 th , 5 th	<ul style="list-style-type: none">- Your digital footprint is a record of everything you do online.- It's hard to control the information we put on the Internet as it can be copied or shared.- Don't share personal information on the Internet e.g. phone number, home address or your school name.
LESSON 3: SCREEN TIME	3 rd , 4 th , 5 th	<ul style="list-style-type: none">- Screen time is the amount of time spent looking at screens each day.- Too much time spent looking at screens can distract us from homework or make us tired.- It's really important to balance online activities with offline activities.
LESSON 4: FRIENDS ONLINE	3 rd , 4 th , 5 th	<ul style="list-style-type: none">- It's easy to lie about who you really are on the Internet.- Friends online should be friends we know in real life.- Don't trust people who you only know through the Internet.
LESSON 5: CYBERBULLYING	3 rd , 4 th , 5 th	<ul style="list-style-type: none">- Cyberbullying is bullying that happens through digital devices and on the Internet.- The Bystander Effect occurs when people see cyberbullying happening but don't help because they think someone else will do it.- Be an upstander, not a bystander and take action if you see cyberbullying happen.- Talk to an adult you trust.

LESSON 1 - APPYNESS ONLINE OVERVIEW

Homework activity worksheet for Appyness Online Overview

Have a think about some specific issues that are affecting your school or your classmates at the moment, or some issues that happened recently. These issues should be related to the Internet or technology in some way.

Ask yourself the following questions:

- 1) Are there any particular issues related to the Internet happening in your school right now?
- 2) What do you wish you knew about using the Internet when you were in 3rd, 4th or 5th class?

Think about these questions and write down any school or other important issues you can come up with in the boxes below. Match the issues with the Appyness Online lesson topics. Refer back to this sheet when you are doing the lessons and make sure you address the issues mentioned here in the lessons. An example has been done for you.

SCHOOL/ IMPORTANT ISSUES	LESSON TITLE
Using phones late at night	LESSON 1: SELF ESTEEM
	LESSON 2: DIGITAL FOOTPRINT
	LESSON 3: SCREEN TIME
	LESSON 4: FRIENDS ONLINE
	LESSON 5: CYBERBULLYING

LESSON 3 - CRITICAL THINKING SKILLS

Classroom activity worksheet for critical thinking skills

What are the good and bad features of technology?

For the following Internet-related topics, give reasons for why they are good and why they are bad.

SMARTPHONES	
Why are smartphones good?	Why are smartphones bad?

SOCIAL MEDIA	
Why is social media good?	Why is social media bad?

LESSON 3 - CRITICAL THINKING SKILLS

Classroom activity worksheet for critical thinking skills

For the following Internet-related topics, give reasons for why they are good and why they are bad.

POSTING PICTURES	
Why is posting pictures good?	Why is posting pictures bad?

GROUP CHATS	
Why are group chats good?	Why are group chats bad?

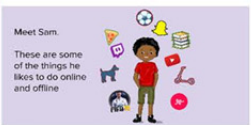


LESSON 4 - PRESENTATION AND ORACY SKILLS

What do the Presenter and Group Leaders need to do?

Screens will be displayed on the whiteboard.

Read the "Instructions" box for each screen. Fill in the blanks in the "Read Out and Discuss" box.

Read to the class the completed text in the "Read Out and Discuss" box. Discuss with the class, what is on the screen and the text you have read out.

Screen	Instructions	Read Out and Discuss
	<p>Introduce Sam!</p> <p>Explain what Sam likes to do online</p>	<p>Sam is aged ____ and he lives in ____</p> <p>Sam likes to ____</p>
	<p>Introduce Sam's friend Ava</p> <p>Ask the class</p>	<p>This is Ava. She is ____</p> <p>Can anybody tell me what are some of the similarities and differences</p>
	<p>Make sure each pupil completes a worksheet</p> <p>When everyone is finished ask them to compare</p>	<p>Group leaders, can you please hand out ____</p> <p>In your groups, compare your sheets</p>


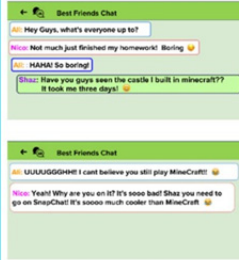
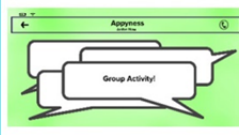
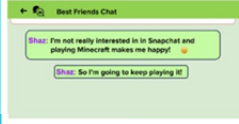

This screen refers to a classroom activity worksheet. Make sure each pupil completes a worksheet.



Primary 5 / Year 4 / 3rd Class



PHONE 2: Don't feel pressured to be like everyone else. Be yourself online!

Screen	Instructions	Read Out and Discuss
	Introduce Shaz Explain what Shaz likes to do online	This is Shaz. She loves _____
	Explain that Shaz's friends don't like Minecraft Get volunteers to read out each person in the conversation Make sure the class understand the situation	Shaz loves Minecraft, but her friends _____ Can I please have 3 volunteers to _____ So, as we just heard _____
	Ask the class to work in their groups Ask the class for some of their answers	Now our group leaders are going to do classroom group activity 1 with you. What were some of your answers for: Q How could this make Shaz feel? Q What could her friends have said differently?
	Ask a pupil to read Shaz' response Ask the class	Would someone like to _____ What do you think about how Shaz _____?
	Make sure the class understands the key message	From Shaz we learned _____ It's really important to remember _____

This screen refers to classroom group activity 1. Ask the pupils to work in their groups. After 2 minutes, ask the pupils for some of their answers.

LESSON 1 – SELF-ESTEEM

Classroom group activity for self-esteem

Classroom group activity 1:

Shaz loves to play Minecraft and she likes to talk about the things she has made. Her friends have told her that she should stop playing it and to use SnapChat instead.

Ask:
Q How could this make Shaz feel? Why?
Q What could her friends have said differently?

Any other questions:

Classroom group activity 2:

Comparison Sadness is when people go online and see how other people's lives look and they can feel sad or bad about themselves. This is what happened to Amy. Amy is assuming that Lisa's life is perfect.

Ask:
Q Is anyone's life perfect?
Q Is Lisa's life perfect?
Q Does Lisa post about everything in her life?
Q Does Amy have good things in her life?

Any other questions:

Group Leaders: Read through the group activity sheet. Think about the kind of answers pupils might give and what questions you could ask to get every pupil thinking.

LESSON 4 - PRESENTATION AND ORACY SKILLS

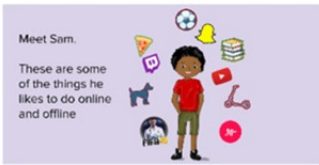


Classroom Group Activity: Role Play

Each person in the group will take turns playing the role of the presenter, the group leader and the pupil. The examples are taken from the 3rd (Primary 5, Year 4) class, first lesson, self-esteem. Every member should practice each role at least once.

Presenter instructions: To yourself, **read** the “Instructions” box for each screen. **Fill in** the blanks in the “Read Out and Discuss” box. **Read** to the class the completed text in the “Read Out and Discuss” box. **Discuss** with the class, what is on the screen and the text you have read out.

PHONE 1: Everyone is different and that's okay.

Presenters, to yourself, **read** the “Instructions” box for each screen. **Fill in** the blanks in the “Read Out and Discuss” box. **Read** to the class the completed text in the “Read Out and Discuss” box. **Discuss** with the class, what is on the screen and the text you have read out.

Screen	Instructions	Read Out and Discuss
	<p>Introduce Sam!</p> <p>Explain what Sam likes to do online</p>	<p>Sam is aged _____ and he lives in _____</p> <p>Sam likes to _____</p>
	<p>Introduce Sam's friend Ava</p> <p>Ask the class</p>	<p>This is Ava. She is _____</p> <p>Can anybody tell me what are some of the similarities and differences _____</p>
	<p>Make sure each pupil completes a worksheet</p> <p>When everyone is finished ask them to compare</p>	<p>Group leaders, can you please hand out _____</p> <p>In your groups, compare your sheets _____</p>

Presenters: Make sure each pupil completes a classroom activity worksheet.

LESSON 1 – SELF-ESTEEM

Classroom activity worksheet – “I am unique”

What makes you unique? Complete the sentences in the stars and describe what makes you unique.

I am most happy when...

What I like about me is...

My favourite thing to do is...

I am really good at...

I want to learn to get better at...



The worksheet features two central illustrations of children. The top illustration shows a girl in a red dress surrounded by icons of a skateboard, books, a slice of pizza, a cat, and a book. The bottom illustration shows a boy in a red shirt and green shorts surrounded by icons of a soccer ball, a slice of pizza, a dog, a book, and a scooter. Each child is surrounded by six large, empty, orange-outlined stars for writing answers to the prompts.


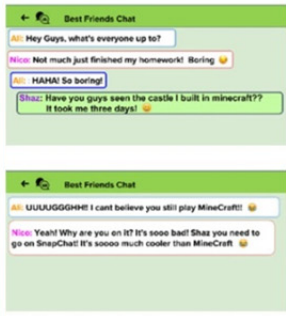
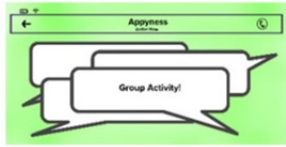


Primary 5 / Year 4 / 3rd Class



Presenters: Continue to read the “Instructions” box for each screen. Fill in the blanks in the “Read Out and Discuss” box. Read to the class the completed text in the “Read Out and Discuss” box. Discuss with the class, what is on the screen and the text you have read out.

When you get to the classroom group activity 1, ask the pupils to work in their groups (the group activity is on the next page). After ca. 2 minutes ask the class for some of their answers.

PHONE 2: Don't feel pressured to be like everyone else. Be yourself online!

Screen	Instructions	Read Out and Discuss
	Introduce Shaz Explain what Shaz likes to do online	This is Shaz. She loves _____
	Explain that Shaz's friends don't like Minecraft Get volunteers to read out each person in the conversation Make sure the class understand the situation	Shaz loves Minecraft, but her friends _____ Can I please have 3 volunteers to _____ So, as we just heard _____
	Ask the class to work in their groups Ask the class for some of their answers	Now our group leaders are going to do classroom group activity 1 with you. What were some of your answers for: Q How could this make Shaz feel? Q What could her friends have said differently?
	Ask a pupil to read Shaz' response Ask the class	Would someone like to _____ What do you think about how Shaz _____?
	Make sure the class understands the key message	From Shaz we learned _____ It's really important to remember _____

Group Leaders: Prepare some additional questions you can ask the pupils in your group. When asked by the lesson presenter, read the text on the classroom group activity to the pupils. Ask the pupils the questions. Remember! Ask the pupils if they think their answer is 'good ' or 'bad' and 'why' they came up with this answer.

LESSON 1 – SELF-ESTEEM

Classroom group activity for self-esteem

Classroom group activity 1:

Shaz loves to play Minecraft and she likes to talk about the things she has made. Her friends have told her that she should stop playing it and to use Snapchat instead.

Ask:

Q How could this make Shaz feel? Why?

Q What could her friends have said differently?

Any other questions:

Classroom group activity 2:

Comparison Sadness is when people go online and see how other people's lives look and they can feel sad or bad about themselves. This is what happened to Amy. Amy is assuming that Lisa's life is perfect.

Ask:

Q Is anyone's life perfect?

Q Is Lisa's life perfect?

Q Does Lisa post about everything in her life?

Q Does Amy have good things in her life?

Any other questions:

Primary 5 / Year 4 / 3rd Class





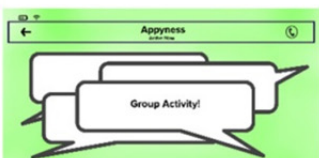

LESSON 4 - PRESENTATION AND ORACY SKILLS

Homework activity worksheet: Practice your skills

Practice your skills! Practice presenting **Lesson 1 – Self Esteem – Phone 3**, when you get home.

To yourself, **read** the “Instructions” box for each screen. **Fill in** the blanks in the “Read Out and Discuss” box. **Read** to someone at home the completed text in the “Read Out and Discuss” box. **Discuss** with this person, what is on the screen and the text you have read out.

PHONE 3: Comparing can make you feel sad. Remember the facts and focus on what makes you happy.

Screen	Instructions	Read Out and Discuss
	Explain how Amy compares herself to Lisa and sometimes she feels bad	Amy follows Lisa _____ Sometimes she sees the things Lisa is doing and _____
	Read the definition of comparison sadness on the screen	Comparison sadness is _____ Amy was experiencing comparison sadness because _____
	Ask the class to work in their groups	Now our group leaders are going to do classroom group activity 2 with you.
	Go through each question and ask the groups for their answers Ask the class for some advice for Amy	So the first one was _____ What advice would you give Amy when she is feeling comparison sadness?

LESSON 4 - Homework activity worksheet: Feedback

Ask for feedback from the person you presented to. Write down 2 things they said:

- 1) Write down one thing that you enjoyed about presenting and why you enjoyed it.
- 2) Write down one thing you did not enjoy about presenting and think of a way that you could overcome this obstacle.



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