

# Keeping safe online toolkit

We know that young people's use of the internet can be concerning for schools, colleges and parents and carers. Worries about accessing inappropriate or harmful content, being exposed to misinformation or social media contributing to mental health issues are common and understandable.

But the internet can also have many positives for young people. It can help them learn and develop their knowledge and skills, it can help them connect with their peers, and it can help them explore the world and discover new things.

We live in a digital world and today's young people have never known a world without the internet. Ofcom's [annual survey](#) into media use shows that 97% of young people aged 5 to 15 accessed the internet in the past year.

Unicef compare young people using the internet to crossing the road. We don't want to stop young people crossing the road just because there are dangers – our role as educators and as parents or carers is to help them to do so safely and responsibly.

Schools and colleges and parents/carers have an important role to play in this; they can build their students' online resilience and help them to stay safe and happy online.

In this toolkit, we're sharing a number of resources for schools and colleges, and parents and carers. There are lesson plans, interactive activities and advice to help start these important conversations about responsible internet use and mental health with young people.

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National Centre for  
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## **Resources for students**

### **Online stress lesson plan and PowerPoint – Public Health England**

In this lesson from Public Health England, students will explore the impact of using social media and the stresses it can cause.

**Go to resource**



### **Online sexual harassment: guidance for students - School of Sexuality Education**

This document provides guidance for young people on what online behaviours constitute sexual harassment, and what to do if they experience it.

**Go to resource**



### **Digital resilience lesson plan – ChildNet**

A lesson plan to help young people aged 11-14 manage their lives online and to help others do the same.

**Go to resource**



### **Trolling and cyber-bullying video – BBC**

This short film with accompanying teacher notes explores the consequences of online bullying, using a real life case study.

**Go to resource**



### **Stop, speak, support: Key Stage 3 and 4 school pack – Anti-Bullying Alliance**

Guidance and activity ideas for 11-16 year olds, aimed at changing the behaviour of those who are 'bystanders' to online bullying.

**Go to resource**



## **Resources for parents & carers**

### **Let's talk about life online: advice for parents & carers - Childnet**

Practical advice and guidance to help parents discuss the online world with their child; including simple conversation starters and advice on tackling difficult topics that may come up.

**Go to resource**



### **Social media guide for parents – YoungMinds**

10 tips for parents for talking to young people about their use of social media and the internet, and the impact it may be having on their mental health.

**Go to resource**



### **Guides for parents/carers on online games, apps and social networks – NSPCC**

Information for parents and carers on the most popular apps, games and social media platforms that children use, providing useful information and advice on how appropriate they are and any potential risks to be aware of.

**Go to resource**



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