

Making Good choices online



Lesson plan

 **Topic:** Making good choices online

 **Target age group:** Middle to upper Primary

 **Lesson duration:** 40 minutes

 **Recommended teaching approach:**

1. Whole class go through the Making good choices online slide deck.
2. Use the teaching notes to reinforce key messages and generate deeper discussion.
3. Students complete the personal reflection activity.

 **Activity purpose:**

By the end of the learning students will be able to:

1. Think before acting in a way that may affect or upset others.
2. Consider the best choice of action using the TEC – think, evaluate, choose tool to achieve the best outcome for everyone.
3. Understand the need to discuss choices with a trusted adult.

 **Key words:**

Think, evaluate, choose, choice, cyberbullying, report, online.

 **Australian Curriculum links:**

This presentation will address Australian Curriculum Health and Physical Education and Digital Technologies outcomes including:

Practise skills to establish and maintain relationships	ACPPS055
Plan and practise strategies to promote health, safety and wellbeing	ACPPS054
Plan, create and communicate ideas and information including collaboratively online, applying agreed ethical, social and technical protocols	ACTDIP022

It addresses elements of the Personal and Social General Capability including self-awareness and self-management and addresses elements of the Ethical Understanding General Capability including exploring values, rights and responsibilities.

Story synopsis

The presentation explores three different scenarios asking students to place themselves in the shoes of Tom's character and decide what he should do in each situation using the think, evaluate, choose, tool.

Teaching notes for slides

We make decisions every day. Sometimes we need to think a little harder about the choices we make, particularly when using technology – because all choices have consequences.

Discussion question

Imagine someone asks you to forward a hurtful comment about another student – to all your friends. What would you do in this situation?

Discuss answers with students and ask them to think about how they would feel if they were the subject of the message.



Some factors that may prevent you making a good decision when interacting with friends are:

- not wanting an argument
- not thinking through consequences
- not wanting to lose friends
- not thinking about how it may make the other person feel.

The TEC tool

When you have a tricky decision to make, try this before you take any action online:

- **Think** of all your options. What can you do?
- **Evaluate** these options. What will happen if you choose to follow a particular option?
- **Choose** the best outcome for yourself and the people involved.

You can use the TEC to begin to develop decision – making skills when it comes to image sharing and interacting with others online safely and respectfully. This not only helps you think of how your decisions affect you, but also allows you to think about how what you do impacts on others. It is also a great strategy to help you work out the consequences of each decision

Discussion question

Imagine someone in your class creates a hurtful page on social media about another student in your class. What should you do in this situation?



Remember TEC!

 Poor choice	Follow it and make the situation worse.
	Ignore it- it will go away.
 Good choice	Not follow the link.
	Ask the student if he/she is ok and needs help.
	Report it to an adult – you may also want to take a screenshot so that you can report it with evidence.

If people are being mean to others online

Discussion question

It's not always easy to know how to help a friend who is being cyberbullied. eSafety kids has topics such as [someone is being mean to me online](#), [people are being mean to others online](#) and [how do I know if I have been mean to others online](#), to help with this discussion.



Making choices

Remember that your choice can:

- Not only affect you, it can affect others e.g. your family, friends and the school.
- Be a poor decision but it is important to learn from your mistakes. Sometimes an apology can be helpful when you have done the wrong thing.
- Change how other people think of you.

Sometimes we might make a mistake and hurt a friend when chatting online.

eSafety Kids has ideas for what to do if you've '[been mean online](#)', this might include being honest about your behaviour and apologising.

Additional scenario

Inappropriate content

Sometimes when we are online, we might come across material that makes us feel uncomfortable. This might be by accident, maybe you clicked on a link and saw something you didn't like. eSafety's [I saw something online I didn't like](#) can help. You may have seen something online that made you feel uncomfortable, unsafe or scared.

In this situation it is best to ask a trusted adult for help.

Getting help and support

If you don't know who to talk to about something you've experienced online, you can call or start a web chat with a counsellor at Kids Helpline. You don't have to be sad to call them — you can call them anytime of the day or night.

Visit: kidshelpline.com.au

Phone: 1800 55 1800



Personal reflection follow-up activity

It's a good idea to take some time to consider why it is important to make the right decisions.

Think about the following questions:

- What consequences may occur if you spread hurtful posts or rumours?
- If it happens to you, who would you go to for support?
- What action would you take if this happened to a classmate?



eSafety has a variety of resources that can help continue this conversation:

eSafetykids has resources and tips for children.

Education resources for Primary

The Lost Summer — a downloadable role-playing video game designed to be a highly engaging experience for 8-12 year-olds while building digital intelligence skills and encouraging online safety.

Cybersmart Challenge — activities using different animated videos to introduce primary school students to key online safety issues including cyberbullying, protecting personal information and sharing images.

Cybersmart Detectives — the story explores what may happen if someone reveals too much information online and it ends up in the wrong hands. Students are asked to follow clues throughout the exercise and use their powers of deduction to make predictions, draw conclusions and answer questions along the way.

Cybersmart Hero — asks students to step into the shoes of a bystander involved in a cyberbullying scenario. The activity teaches students to recognise a cyberbullying situation and what they can do to be a positive bystander.

Cybersmart Forever — teaches students safe practices when sharing online and to recognise when to seek help when sharing digital images.

Designed for middle to upper primary, the programs have been successfully used by students outside these age ranges.

Be secure — primary resource about keeping things safe and secure, pop ups, passwords, privacy settings.

We're helping bring the online safety conversation into the classroom with downloadable **online safety policies for schools**, standalone lesson plans, activities and videos at your fingertips.

Counselling and support services

eSafety links to a number of **support and counselling websites**, including **Beyond Blue** and **Kids Helpline**.

