



POST-PRIMARY PROGRAMME

inFocus

Helping Year 9 pupils manage relationships and behaviour online, and equipping pupils to make wise choices and seek support when needed.



INTRODUCTION

Context

In each programme we create a storyline to help us share our information effectively throughout the Key Stages. This creates an opportunity for the pupils to consider the information objectively. There are a number of characters in our story, but Oscar and Martha are the hero characters. They feature throughout all the programmes, growing up with the pupils through their school years.

InFocus | Setting the scene

inFocus follows Oscar and Martha as they begin a brand new afterschool activity 'camera club' here they learn how to take lots of different types of pictures, how to edit them and even distinguish what pictures are real or fake, they use camera club as a comparison to the online world and how they can navigate it well.



CONTENT OVERVIEW

Overview

This interactive session will encourage young people to reflect on how they act online, and empower them to get the most out of their experience. Rather than merely listing out dangers, the content challenges young people to consider how they can set healthy and realistic boundaries online. These boundaries will inform what they share, how they treat people and how they allow the internet to impact their self-worth and mental health.

This programme will help young people to consider some of the most relevant issues exacerbated by the online world, such as cyberbullying, comparison, sexting and porn. While pupils will evaluate the impact these can have on their identity, thinking and relationships, the session will also keep in focus the benefits of a healthy use of devices.

Creating space for thinking, this programme aims to help young people put their own value and hopes back in focus and inspires them to use their devices as tools to build healthy, strong, flourishing relationships.

Topics Covered in the Presentation

- Self-esteem & worth
- Images online & sharing
- Comparison & social media
- Time management & gaming
- Cyberbullying & how we treat people
- Healthy relationships



CONTENT OVERVIEW

Curriculum Links

Skills & Capabilities	Thinking, Problem-Solving and Decision Making Self-Management Working with Others
Learning Experiences	Media Rich Relevant and Enjoyable Challenging and Engaging Enquiry Based
Attitudes & Disposition	Personal Responsibility Concern for Others Self-Confidence Respect

PRESENTATION OVERVIEW

Introduction

The presenters introduce themselves and the work of Love For Life.

We introduce Oscar & Martha here.

We introduce some guidelines for the time ahead – ensuring that everyone can have a positive experience of the programme.



Real or Fake

Pupils are reminded to be aware of what they see online, not everything is real, its important that they ask good questions and don't always assume something to be fact, it is equally important to know that comparing yourself to the online world can be damaging, especially when content may be fake.

Pupils are reminded that they have worth and value, regardless of how they look, the amount of followers or friends they have on the online world and that their value and worth comes from the person that they are, it is intrinsic and not conditional.



Trends

Pupils are reminded that trends come and go, they change and that it is important for them to not get caught up by them and remember to focus on what is important. Working on being a better version of yourself is highlighted instead of worrying about others or being in competition with them.





Awareness

Pupils are reminded to take regular checks with themselves to see if they are focusing on the important stuff and being aware of what is happening around them, they are also challenged through an activity called 'what is important to you' where they are encouraged to reflect on what things are important offline and not forget about them.



Friendship

Pupils partake in a series of activities around friendship, they are firstly asked to decide if the example on screen is an example of a good friend or bad - within this, they cover themes of cyberbullying & consent. They then take time to reflect on qualities/values that are important to them within their friendships offline and online.



Sexting

Pupils watch a real life example of sexting, throughout the video they are encouraged to think critically about what is going on and the impact. After young people are talked through the legal aspects of sexting and where to turn to for help and support if they or anyone that they know find themselves in a situation, support mentioned are people at home, within school and the police.



Stand up if

Facilitators will read statements out and if relevant to pupils they will stand up, for example 'someone who is good at sport', this activity highlights that we are all different and unique and that should be something worth celebrating, comparing ourselves to other people all the time is not good, celebrating our uniqueness is better.



Staying safe online

Pupils are encouraged to see that technology has advanced and therefore how we use it has changed too, how we interact and use the online world safely is important, furthermore addiction to the online world is discussed, pupils are given guidance how to deal with addiction through setting time limits, keeping phones and devices out of the bedroom and doing activities that don't require technology like exercise or spending time with friends/family. Further pupils are encouraged to find a balance on the online world by doing an activity called 'all in a day'



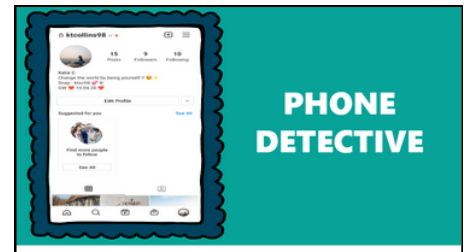
Porn

Pupils will partake in an interactive activity where they must agree or disagree with statements on screen. The concluding statement 'Technology and the online world are the best places to learn about healthy relationships?' prompts information about pornography and its negative impact, concluding this brief section with avenues of help and support.



Phone Detective

Pupils are shown a series of pictures from social media, these pictures have information about people like their location in images, someone in their school uniform etc, highlighting a potential breach of privacy, pupils are encouraged to think about what they post online making sure that it is private and won't allow for people to gain access to information about them.



There's an app for that

Pupils partake in a series of questions asking if there is an app for that e.g. You want to translate what your pet is thinking in real time, You want to identify a song that's stuck in your head ... by humming it, the point of this activity is to highlight that the online world can be good, but sometimes the offline world can be better, we sometimes need to still do things in person, we don't always need our devices to help us.

