

Letter from our CEO

Childnet International is a children's charity whose mission is to make the internet a great and safe place for children.

Childnet International is a leading online safety children's charity whose mission, since it was founded in 1995, has been to make the internet a great and safe place for children. By working in partnership with others, we seek to give young people the knowledge and skills to navigate the online environment safely and responsibly.

We are delighted to produce the second instalment of our practical PSHE toolkit for schools with support from the European Commission. Through our work in schools we speak to thousands of young people, staff and parents about online safety, and recognise that there is a real need for practical, easy to use educational resources that challenge and guide online behaviour. The internet can be a fantastic resource for young people, providing them with opportunities to learn, share and connect with the world, however it can also present them with challenging situations. This toolkit aims to empower educators to generate discussion amongst young people about their online lives, the things they see and experience and the positive choices they can make online.



The UK Council for Child Internet Safety (UKCCIS) conducted a literature review in 2017 which found that pornography topped the list of online content-related concerns for young people aged 9-16 (Livingstone et al., 2014b). We also saw a large increase in the number of children and young people contacting Childline about viewing sexually explicit images online – up 60% from 2014/15. With this and the new RSE curriculum in mind we've focused this toolkit on the topics of Online Pornography, Healthy Relationships Online and Online Body Image.

At Childnet, we believe it is important to include the voice of young people in all aspects of the work we do. By listening to young people on our school visits and conducting six focus groups with young people across the UK we have ensured this toolkit is covering the issues and experiences most relevant to young people. The young people we spoke to shared with us concerns about the portrayal of body image and gender within pornography and on social media, the pressure to create your own online 'brand' and the unwritten rules that exist within relationships played out in the online world. In regards to pornography, young people told us that, "The less educated people are about sex and relationships the more they are going to try and look for it," with one boy stating, "I think you need the education that what you see isn't what actually happens. It's not real life."

Issues that affect the overall safety of young people are constantly changing. The availability of pornography online, the creation and sharing of inappropriate images, and the presentation of sexual images in social media are an ongoing concern. It is vital that all young people are given a place to discuss the pressures they face and understand the gap between perception and reality, in a fully supported environment. However, in a recent PSHE and RSE in the digital age school consultation we found that staff reported not having enough training or confidence to deliver the online aspects of PSHE and RSE and felt least confident in teaching about online pornography.

We hope that this toolkit is able to support and empower you in exploring these sometimes delicate and sensitive topics with confidence and allows you to generate lots of interesting discussions about online behaviour.

Will Gardner OBE,
CEO of Childnet International & Director of the UK Safer Internet Centre

About this toolkit

'Myth vs Reality' is phase 2 of our practical PSHE toolkit for educators of young people in secondary school settings. Its purpose is to help educators generate discussion among young people about their online experiences and challenge them to consider how real the content is that we see online.

Using a set of talking heads films as a spring board, the toolkit covers relevant topics such as body image, healthy relationships and pornography; considering how all 3 topics connect together. It will explore key online myths in relation to these topics and guide teachers in supporting their pupils to seek out the reality and challenge the myths they are seeing online.

"You're more concerned with how you look online because it's out there and you grow up with it."

Young person, Childnet focus group

Young people are growing up in a world where the internet is an integral part of their lives and much of what they encounter on a daily basis occurs online. Each year Ofcom¹ records a rise in the amount of time young people are spending online. This increase in time spent online can result in more exposure to online risk. For this reason, it's important to equip young people with the skills to manage and understand the online environment. This should include the risks and pressures they could come across, such as the pressure to conform to idealistic views and images portrayed by celebrities and their peers.

This toolkit is comprised of 3 lesson plans which explore the idea of 'myth versus reality'. Each lesson plan comes complete with a set of talking heads films which explore the different experiences young people may have online.

Through discussion and activities, this toolkit not only challenges young people to reflect on their own experiences, their own behaviour and unpick the truth from the online myths, but also ensures that they know who to go to and how to get support when/if aspects of their online life worries them.

The purpose of this toolkit is to help educators generate discussion about young people's online experience and help develop young people's digital resilience. This toolkit, along with the talking heads films, can be found online at www.childnet.com/pshetoolkit.

All aspects of the resource are free to download and are subject to **Creative Commons**.

"I don't post pictures for others but if I'm having a bad day and I get a like then it reminds me people do care that I'm alive."

Young person, Childnet focus group

What age group is this toolkit for?

This toolkit is primarily to be used with young people in **Key Stage 3** (11-14 year olds). We recommend that you check activities and film content in advance to ensure they are appropriate for your year group, school and wider community. All activities have been reviewed by KS2 teachers (7-11 year olds) and activities which have been deemed appropriate for use with an upper KS2 group have been starred throughout. We advise that KS2 teachers check these activities first and only use them if they suit the needs and maturity of your pupils.

How can I use this resource if my school doesn't have a dedicated PSHE lesson?

This toolkit has been designed to suit the needs of different educators. Although not designed as an assembly resource, educators can be selective in the activities they use according to their PSHE timetable. For example, should you have a 40 minute PSHE lesson, 15 minutes tutor time, or if you lead a youth group, there are different aspects of this toolkit that you can use to fit into your allocated time. We advise that you always use the films in conjunction with the follow on discussion questions to ensure you cover all the messages and that key themes are handled effectively.

If your school doesn't have a dedicated PSHE lesson, many of the topics and learning outcomes from this toolkit cover aspects of the **Computing curriculum**². For example, this curriculum requires Key Stage 3 students to be taught to understand:

- how to use a range of technology safely, respectfully, responsibly and securely
- how to recognise inappropriate content, contact and conduct
- how to report concerns

For more questions about this toolkit, read the guidance for educators section from **pages 6 to 19**. For support on using the lesson plans, see the topic guidance pages at the start of each topic section of this toolkit.

1. www.ofcom.org.uk/research-and-data/media-literacy-research/childrens

2. www.gov.uk/government/publications/national-curriculum-in-england-computing-programmes-of-study

Acknowledgements and further resources

Many people contributed to the creation of this toolkit. We would like to thank the following schools for allowing us to host focus groups that informed the key messages behind our lesson plans and talking heads.

Focus group schools

The following schools contributed to the key messages behind online pornography, healthy relationships online and online body image:

- ▶ Greenford High, Ealing
- ▶ Hodgson Academy, Lancashire
- ▶ Lingfield Notre Dame, Surrey
- ▶ Burnside Secondary PRU, Chingford

The following schools contributed to the key messages behind healthy relationships online and online body image:

- ▶ All Hallows, Lancashire

Pilot Schools

The following schools were involved in the pilot of this resource where the lesson plans and accompanying materials were reviewed and trialled with young people:

Secondary pilot

- ▶ Cherry Tree Learning Centre, Dudley
- ▶ Aylesford School, Kent
- ▶ Bicester School, Oxfordshire
- ▶ Malvern College, Worcestershire
- ▶ St John's Catholic Comprehensive School, Kent
- ▶ The Judd School, Kent
- ▶ The New Rush Hall, Ilford

Primary review

- ▶ Finton House, London
- ▶ St Peter's Roman Catholic Primary, Lancashire
- ▶ St Bartholomew's, Lancashire

Thank you to Go film and the cast and crew who made our films possible.

Signposting

All the resources in this section are free unless marked with 

Online Pornography

Planet Porn - BISH Training

bishtraining.com/planet-porn

This is a downloadable lesson pack containing activities and resources exploring the idea of consent, boundaries, safer sex, the law etc.

We Need to Talk About Pornography - Family Planning Association

www.fpa.org.uk/product/we-need-talk-about-pornography

A resource to educate young people about the potential impact of pornography and sexualised images on relationships, body image and self esteem.

Making sense of relationships - NSPCC

learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/

A resource to educate young people about sexualised behaviour, consent and unhealthy relationships.

Signposting (Continued)

Healthy Relationships Online

'This is abuse': discussion guide - Home Office

www.gov.uk/government/publications/this-is-abuse-discussion-guide

Now an archived resource, this pack explores the issue of relationship abuse in a free downloadable PDF.

Disrespect Nobody - Home Office and Government Equalities Office

www.disrespectnobody.co.uk

This is a Government campaign exploring relationship abuse, sexting, consent, rape and pornography.

Expect Respect - Women's Aid

www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/

This is a toolkit with lessons about tackling domestic abuse.

Real Love Rocks - Barnardo's

www.barnardosrealloverocks.org.uk/

This resource is about helping all children and young people to think and chat about relationships, what they are, and how to keep happy and safe in them, whether that's now or in the future.

loveisrespect - National Domestic Violence Hotline (USA)

www.loveisrespect.org/pdf/What_Is_Digital_Abuse.pdf

Free to download resources and quizzes exploring topics such as consent, healthy relationships, abusive relationships, building a support network and a guide on digital abuse.

Online Body Image

Dove Self-Esteem Project - Dove

www.dove.com/uk/dove-self-esteem-project

This is a set of resources to help support young people with their body image and develop confidence and positive self-esteem.

Body Image and Advertising - Media Smart

mediasmart.uk.com/resources/teaching-resources/body-image-1

A resource which focuses on the representation of the male body in the media and the impact of advertising on body image.

#MySenseOfSelf - The Diana Award and ASOS

www.antibullyingpro.com/asos-sign-up/

A resource tackling body image which explores three core themes: social media and its impact, celebrating difference and developing self-esteem.

Body image resources - MediaSmarts

mediasmarts.ca/body-image/resources-teachers-body-image

Resources which cover topics such as exposing gender stereotypes and the gap between someone's self-image and lifestyle choices.

