Online Safety Lesson Planner

Plan your online safety lessons with free, ready-to-teach packs and activities. All curriculum-aligned and ideal for Computing, PSHE or assemblies – just click a month to download.

internet matters.org

JANUARY

Healthy behaviour online
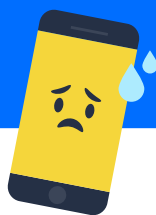
Balancing Screen Time

- Explore how screens can impact wellbeing
- Identify strategies to help balance time online with other important
- Understand and recognise persuasive design
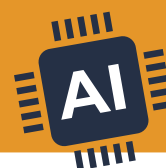
MARCH

Managing pressures

Positive self-image

- Understand how content online can affect users' self-image
- Discuss how people can make themselves look different online
- Identify ways to get support with self-image

FEBRUARY

AI Lessons for Safer Internet Day

AI

All ages: Fact Checking AI

- Explore positive use of AI
- Understand the importance of fact-checking images online
- Identify some risks of realistic AI-generated images

Ages 9-11: Using AI for Research

- Learn how to appropriately use tools like AI for schoolwork
- Understand the difference between copying someone's work and using it as resource
- Recognise the merit of researching and writing their own work

---

Plus, help parents get up to speed on online safety and AI, with FREE leaflets

For all primary

For year 5 and 6

Resources created in partnership with:

TESCO mobile *Every little helps*

SAMSUNG

Scan the QR code or visit **internetmatters.org** for more advice