



1ST & 2ND CLASS

# Parent Support Sheets – Lesson 10: Being Safe Online

## Lesson Summary:

The aim of this final lesson is to learn about being safe online. Similar to Lesson 9, children explore the 'Be Internet Legends' programme by Google. They learn about and practice the 5 Be Internet Legends Code pillars, including Be Internet: **Sharp, Alert, Secure, Kind and Brave**. They also learn about some potential dangers of being online (for example, others deleting your creation on a game, phishing sites, social media, etc.).

As a final exercise, we had a class discussion on what pupils learnt about in the A Lust for Life Schools Programme as a whole (see below).

## Try It At Home Activity: 'What I Learned' Bookmark

This 'Try It At Home' activity pulls together all of the content the children have completed within the last 10 lessons.

In this activity, children are asked to design their very own bookmark including their favourite things they learnt from the A Lust for Life Schools Programme. Take a look at your child's bookmark and have a chat with them about the different things they learnt and remembered.



Scan here for  
'Try it at Home'  
activities!

### For example:

- How to look after their wellbeing
- Feeling good about themselves
- What feelings are and how to identify them
- How to manage their Big Feelings
- Fight, Flight, Freeze
- What makes a good friend and a tricky friend
- Feeling safe in friendships
- Feeling unsafe in friendships and what to do
- The internet, screen time, and being safe online

It might also be helpful to look back at the lesson Parent Support Sheets (available in 1 booklet on [alfschools.com](http://alfschools.com)) as a reminder of what was covered in the programme.

Share with your child what was the highlight for you. Praise your child on having completed the programme and give yourself a pat on the back too!

Following the completion of this programme, it can be helpful to keep practical reminders of the strategies and ideas learnt and explored within the programme visible and easily accessible so that they are available to support children when and as necessary. For example, you could put up completed 'Try It At Home' activities or art pieces children made in school on the fridge, mantelpiece or other areas around the home.

### Dr. Malie's Top Tips:

In finishing up the A Lust for Life Schools Programme, I'd just like to say it's been a real pleasure contributing to the A Lust for Life Schools Programme Parent Support Sheets, and I am really grateful for the opportunity to engage with you.

As parents we all want the best for our children from the moment they are born. We read up on all the latest parenting advice, we listen to the opinions of family, friends, professionals, the stranger at the supermarket, often relying on the outside world to set our compass on the dos and don'ts of being a good parent. Whilst we could all use a few tweaks (myself included!), let me say one thing loud and clear: **You already have what you need to be a 'good enough' parent.**

When I say this, I am talking about the positive intentions you have for your child, your natural instincts in being able to attune to them, and the incredible power of your child-parent relationship in modelling for them what it means to be human, compassionate and resilient in a less than perfect world.

Realising the treasure trove of qualities you already have as a parent can help you to develop a lens through which you can filter the advice you're exposed to. It's about learning to listen to your own inner wisdom and nurturing your confidence to make choices about which advice to follow if any, and how it fits it with your own unique situation.

In that spirit, I really hope that you have found something which resonates with you in these Parent Support Sheets which can help you to build on your child-parent connection with compassion for you and your child, so you are in a 'good enough' place to support your child through the rollercoaster of life.

Big hugs, Malie x

### More Resources:

- Be Internet Legends' have supported some of the content within Lessons 9 & 10. For more information on Google's Be Internet Legends, please visit: <https://parentzone.org.uk/beinternetlegends>
- Breslin, N. (2018). The Magic Moment. Dublin, Ireland: Gill Books (and other story books).
- Coyne, Malie (2020). Love in, Love out: A compassionate approach to parenting your anxious child.
- Forman, F. (2019). Self-Kindness for Kids: Whizzo-Voice to the Rescue! Co. Kildare, Ireland: Outside the Box Learning Resources.
- Hoffman, K. Cooper, G., Powell, B., & Benton, C.M. (2017). Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore. New York: Guilford.
- Shanagher, L. & Finerty, R. (2018). Mindfully Me 3-Pack. Dublin: The Lilliput Press.
- Siegel, D.J. & Bryson, T.P. (2012). The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind. New York: Random House.
- Smiling Mind App ~ Developed by psychologists and educators and designed to help children with the stresses of everyday life using body-scan meditations, mindfulness, relaxation, breathing and guided imagery. It has different exercises depending on age.

- Headspace (for kids) App. Offers a great array of features, from quality meditations to daily videos, as well as sleep- and exercise-specific content, customized for various age groups.
- Stop, Breathe, and Think Kids App ~ Offers children a playful and interactive way to discover and develop their superpowers of sleep, being calm, learning to breathe and resolving conflicts. Largely aimed at children aged 5-10.
- [www.parentline.ie](http://www.parentline.ie) ~ A national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting. Parents can call 01 873 3500 Monday – Thursday 10am to 9pm and Fridays 10am to 4pm.