

purple
mash

Self-Image and Identity (1 of 2)

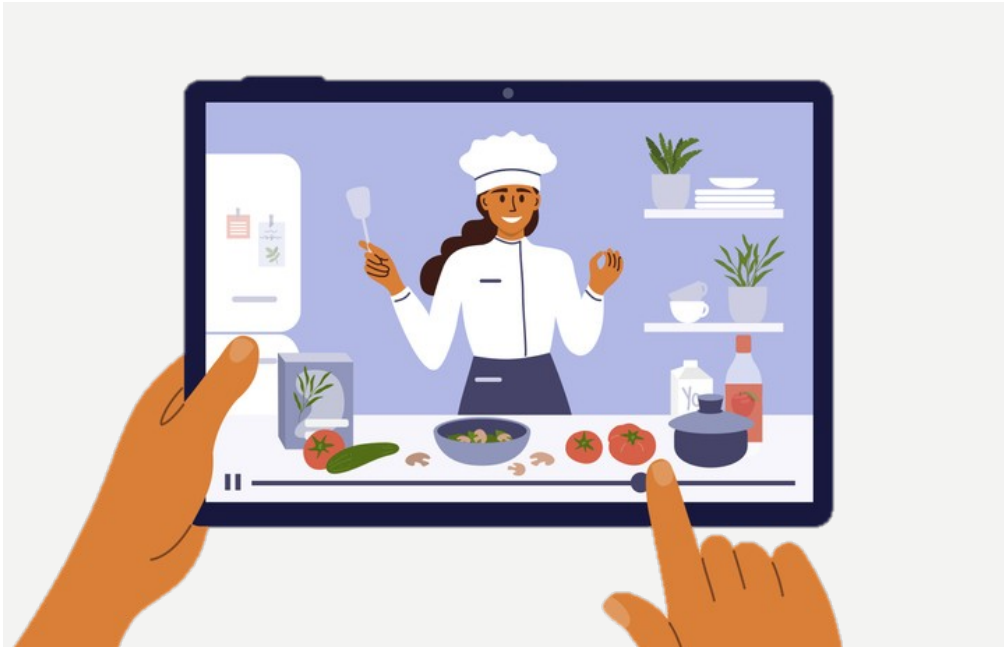
Focus

- I can recognise that there may be people online who could make someone feel sad, embarrassed or upset.



Activities online

There are lots of different things that people can do online.



What do you do online?

Examples of things online



Playing games.



Doing homework.



Watching videos.



Listening to music.

Feelings online

When we go **online**, we need to be aware of our **feelings**.

Some things we do or see online make us feel **positive**.

Somethings we do and see online, might make us feel **negative**.



What do you like doing online? What do you not like doing online?

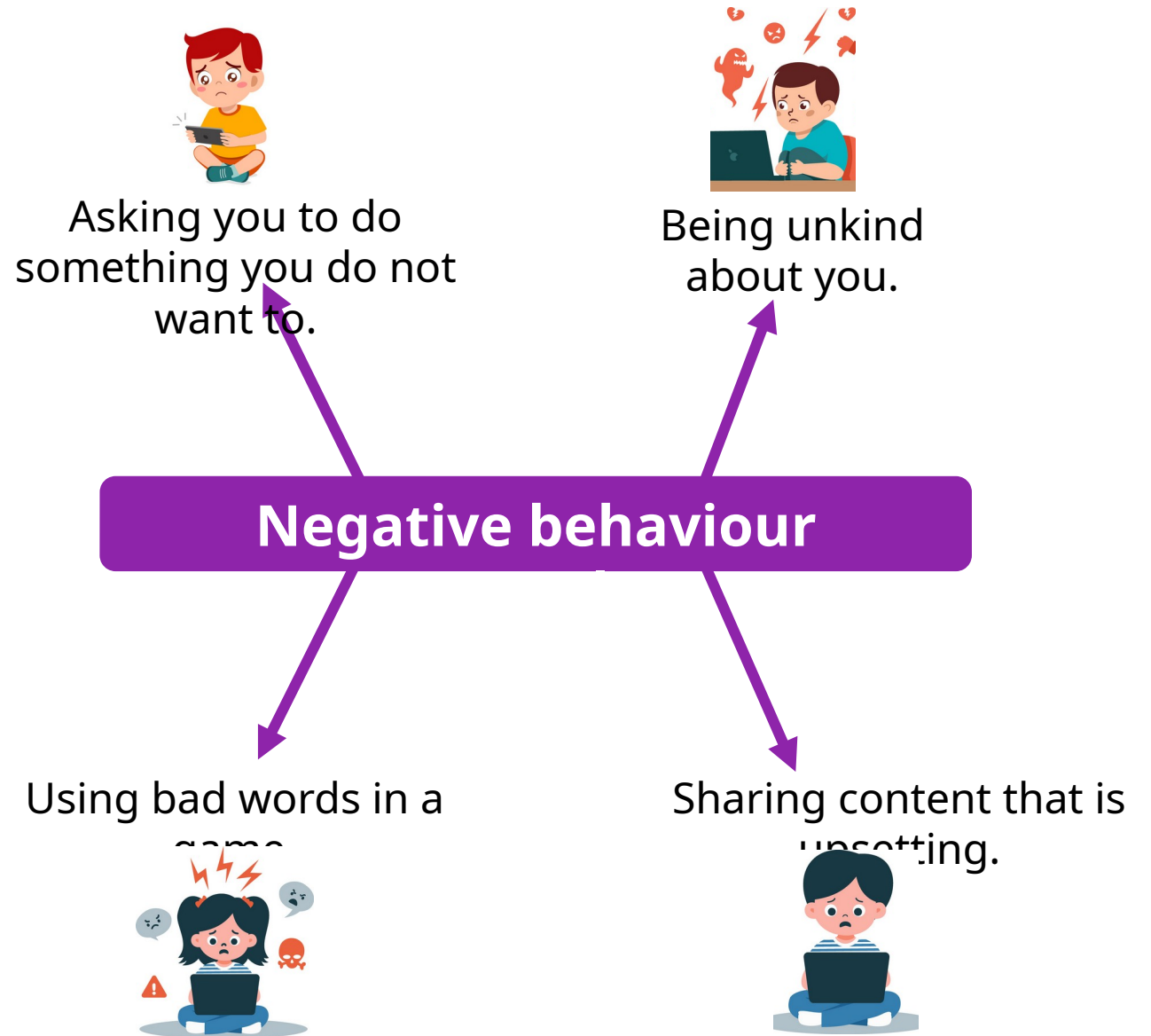
Others online

When we go **online**, it's important to remember that there are other people online.

Other people **online** can show **negative behaviours** that might make you experience **negative feelings**.

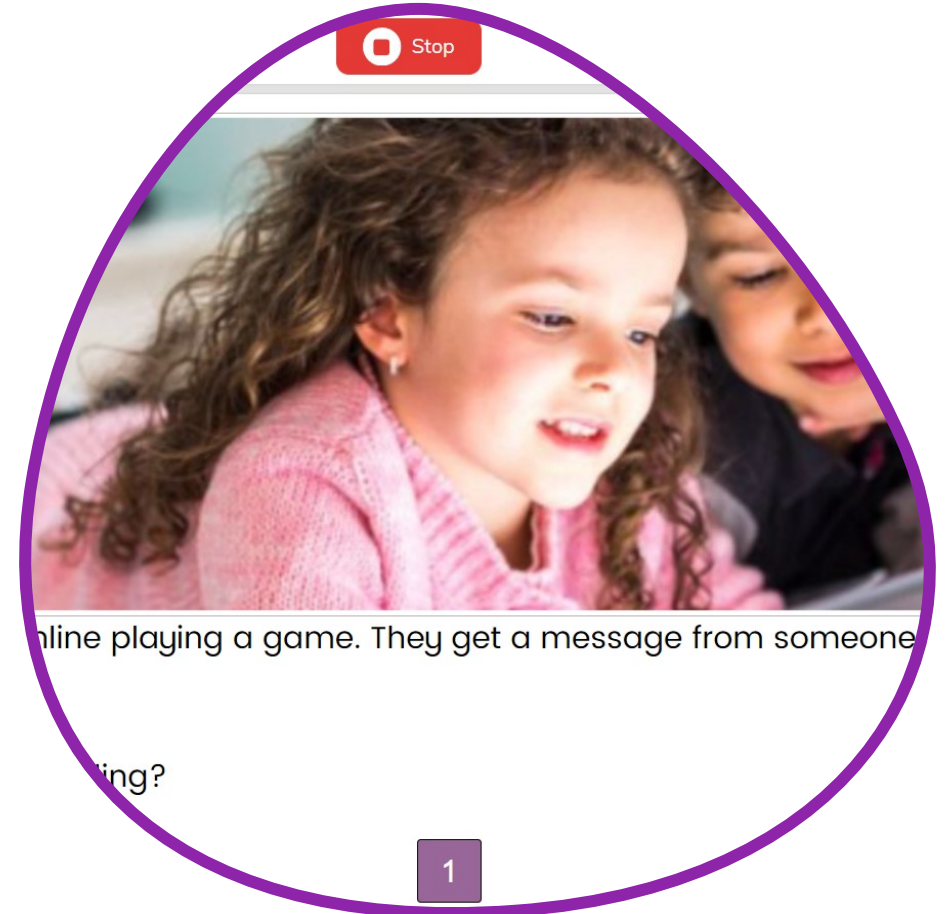
The **negative feelings** might be feelings of embarrassment, sadness, upset or worry.

What can you do if you experience negative feelings?



Activity: Feelings Online

- For this activity, open [Feelings Online](#).
- Read each scenario carefully as a class and decide on how each person might be feeling.
- Think about the behaviour of the other people online.



Reflection

- What things do you do online that make you feel happy and why do they make you happy?
- What feelings might you have from someone's negative behaviour online?

