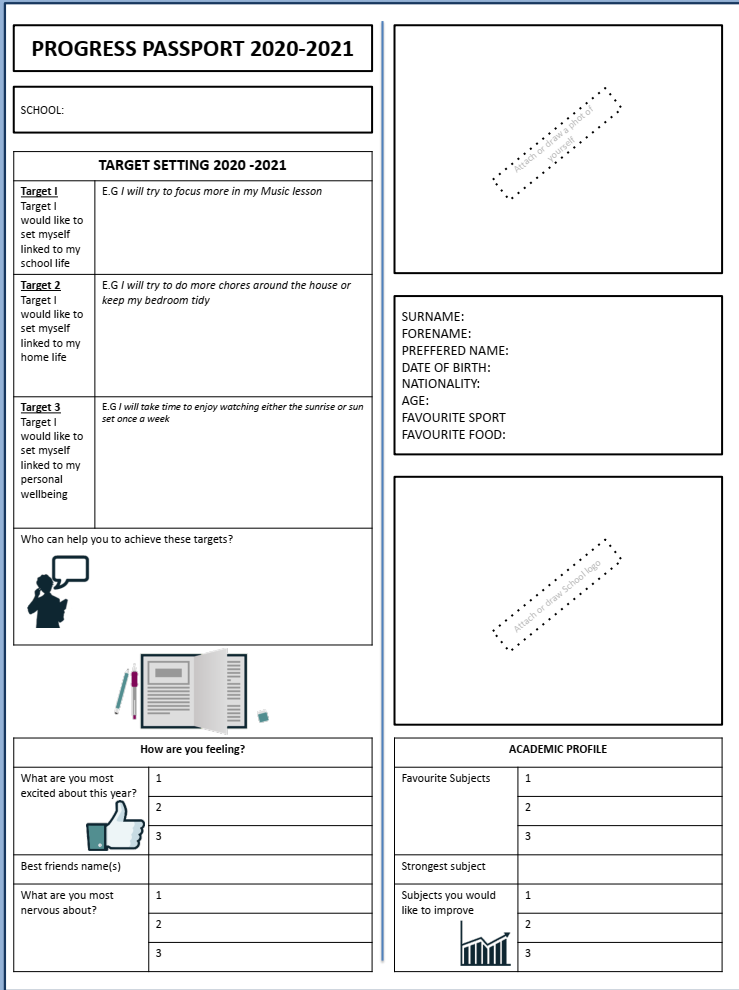
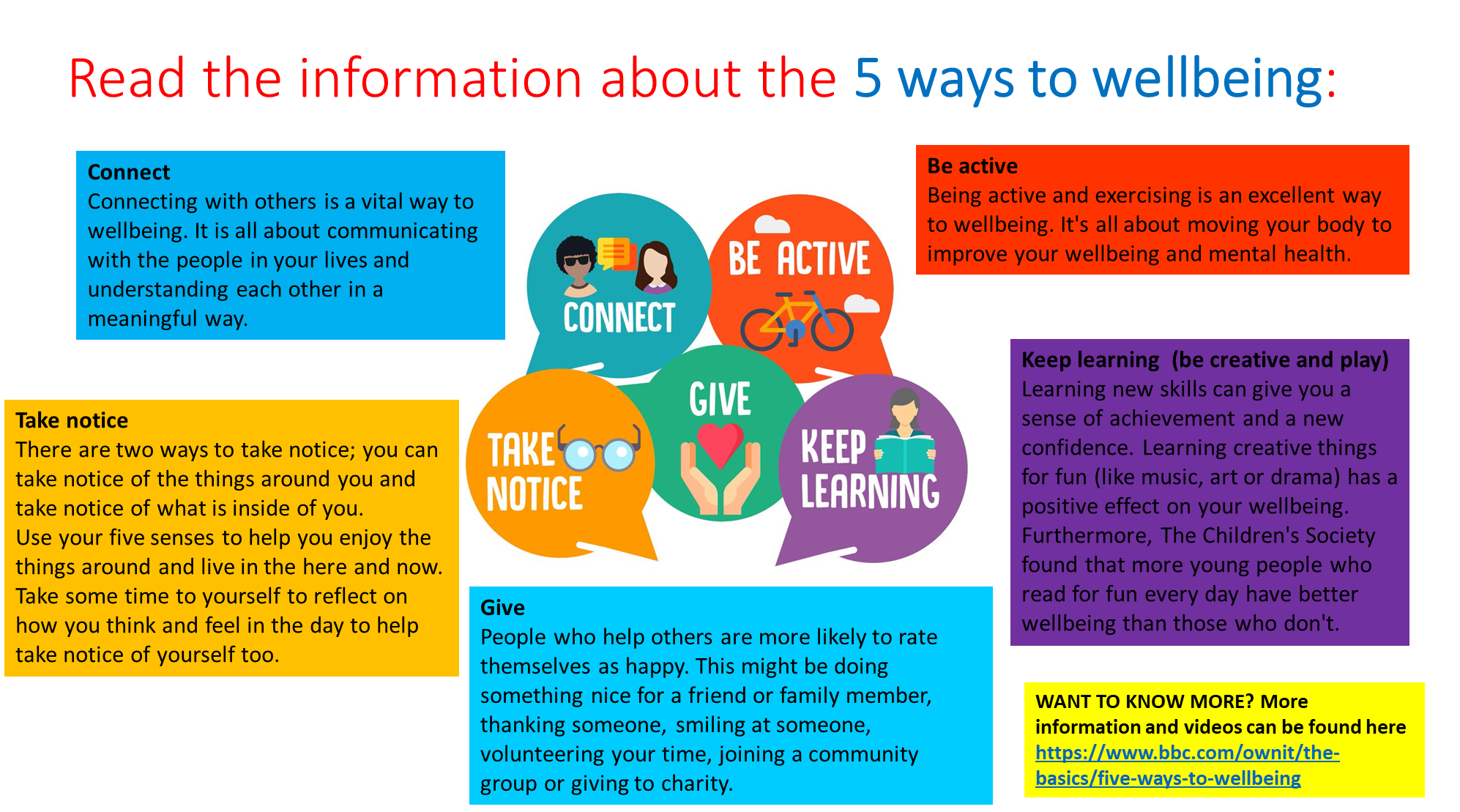
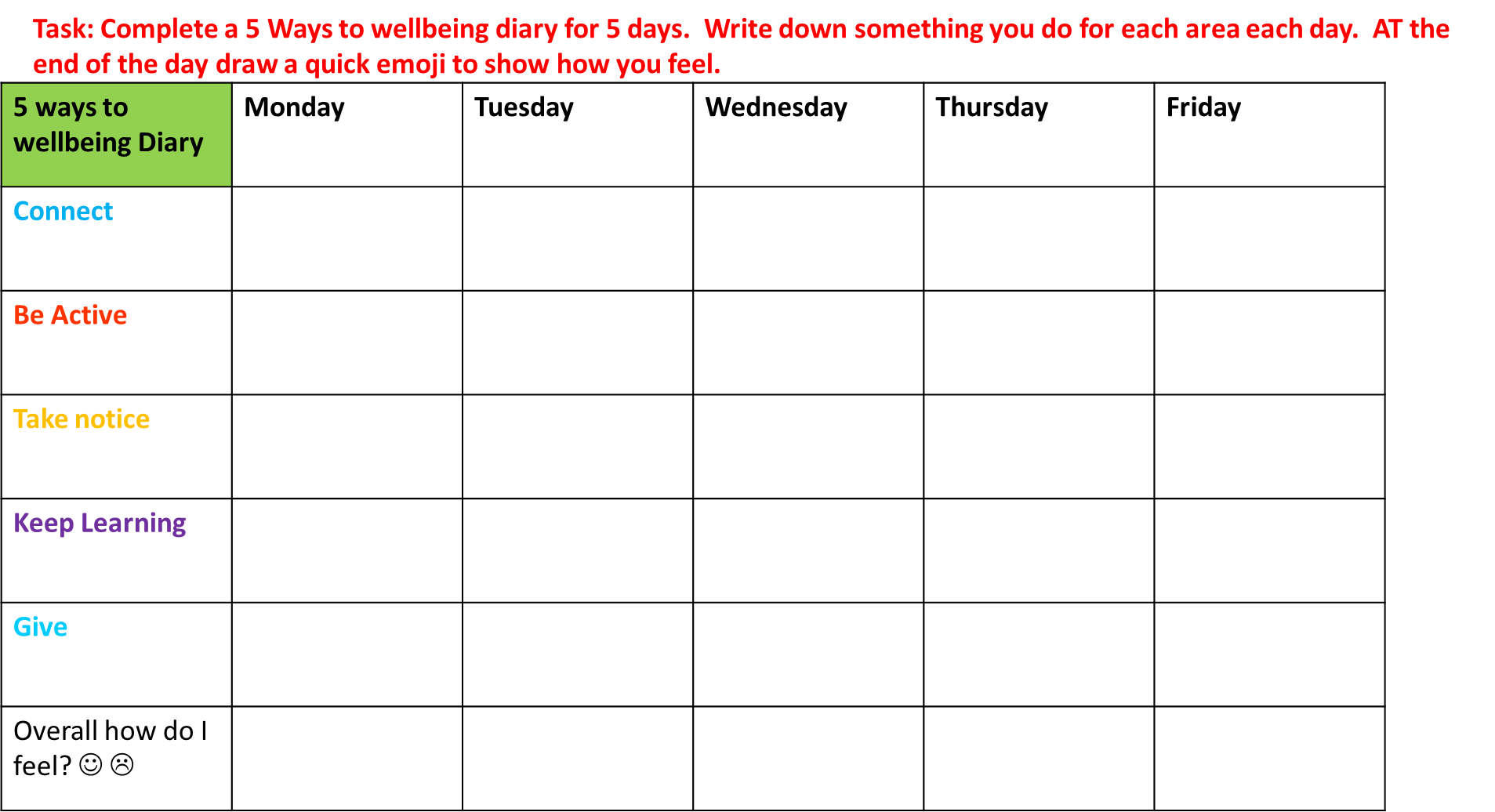
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**PSHE work booklet – Year 11**

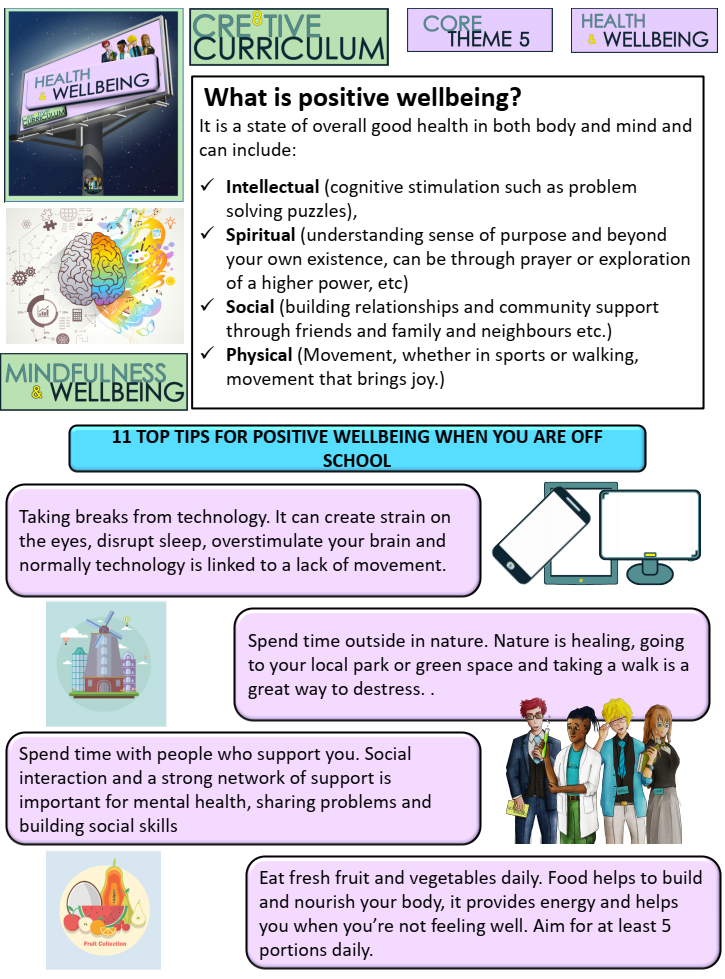
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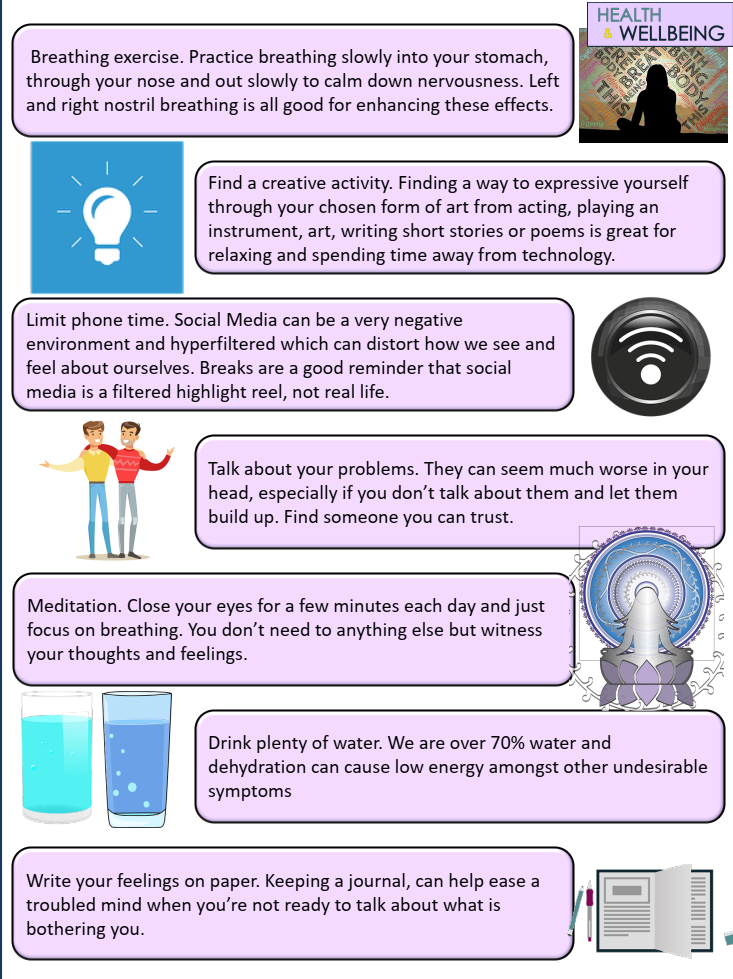
**Contents:**

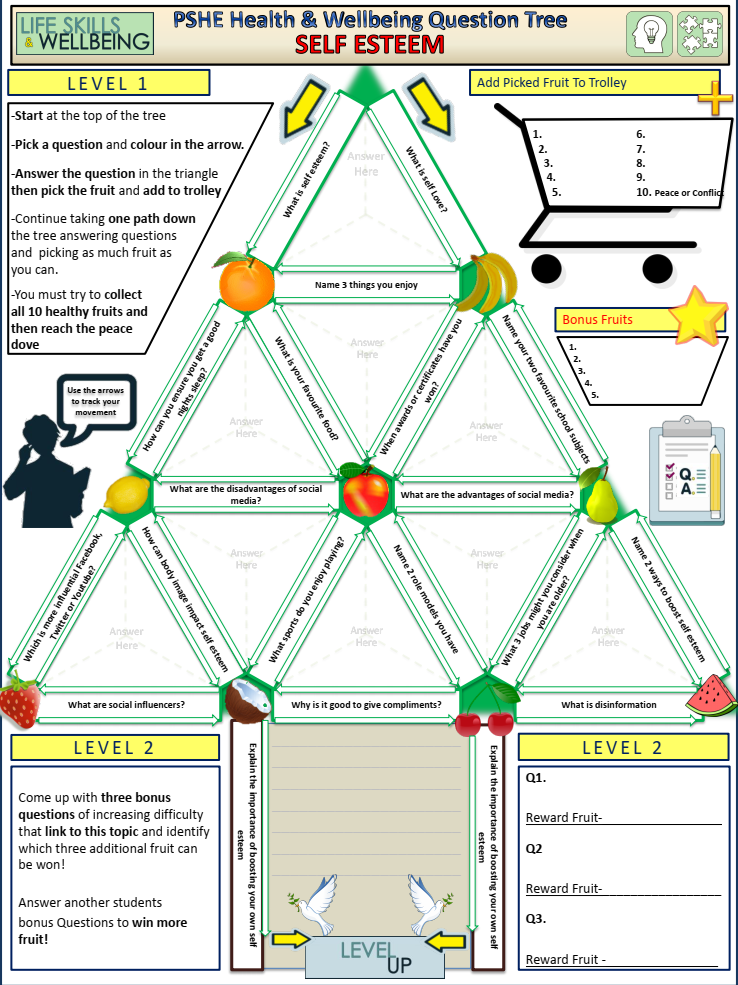
1. **Target setting sheet**
2. **5 Ways to wellbeing diary**
3. **Self-esteem activity**
4. **Sharing information safely online**
5. **Employability skills**
6. **Target setting- Fill in the following worksheet about you – think about your hopes and targets for the new school year.**
7. **5 ways to wellbeing**

****

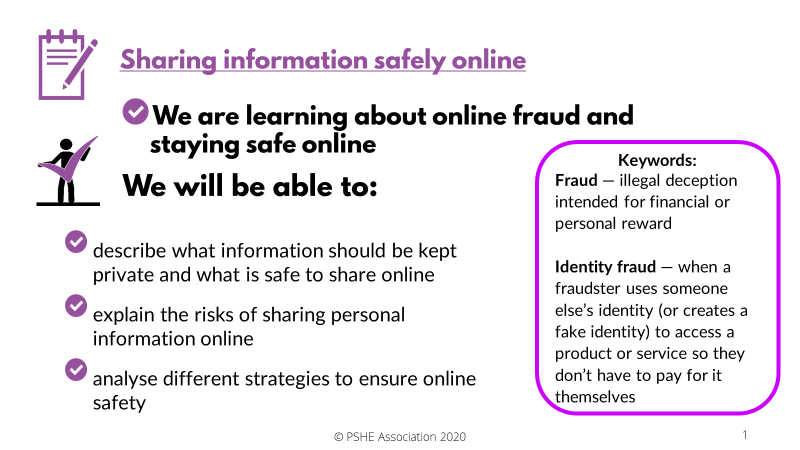
1. **Self esteem – Read through the information and complete the self esteem task sheet.**

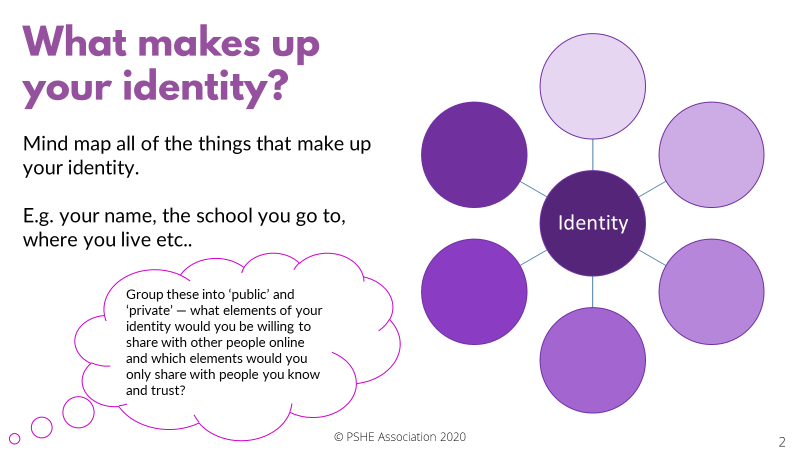


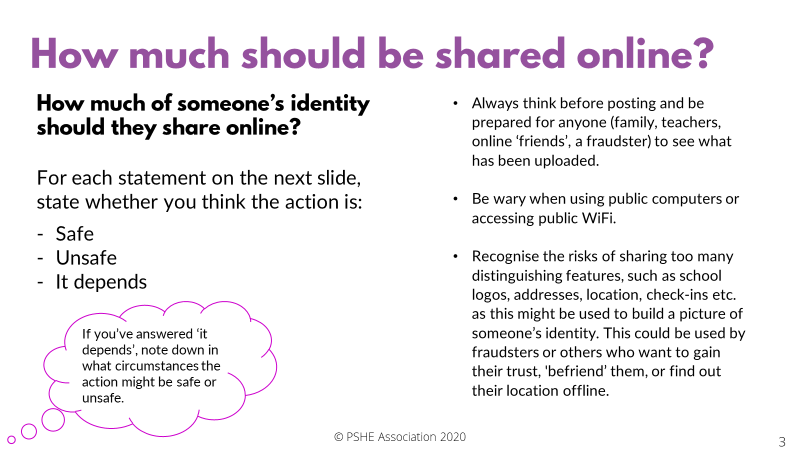




1. Sharing information safely online

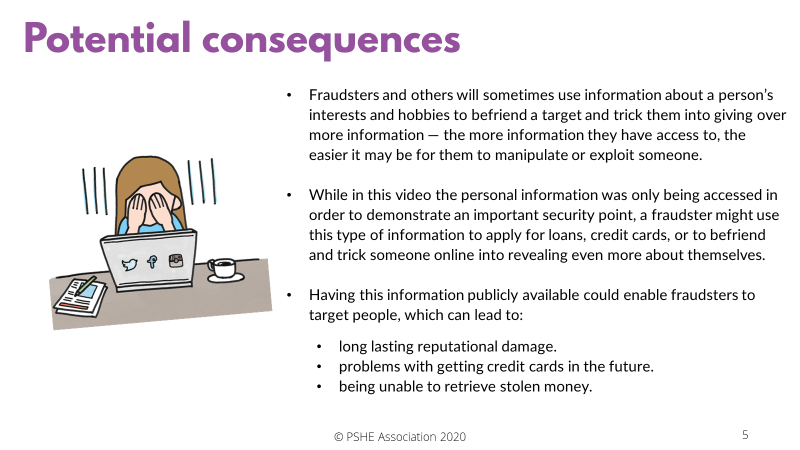






For each statement decide whether it is safe, unsafe, or it depends?

|  |  |
| --- | --- |
| **Action** | **Safe, unsafe, or it depends?** |
| **Posting a photo wearing school uniform** |  |
| **Checking privacy settings on social media after accepting a new update** |  |
| **Doing online banking on public Wi-Fi at a café** |  |
| **Always checking in at favourite locations** |  |
| **Having passwords of 10 or more characters that include numbers, letters and capitals** |  |
| **Using date of birth as a pin number for a bank card** |  |
| **Saving bank card details on a public computer in a library** |  |
| **Having address, email and phone number on a profile**  **page** |  |
| **Renewing antivirus software when it runs out** |  |
| **Entering bank card details to buy something from Amazon** |  |
| **Having open settings so anyone can send a friend request or view your profile** |  |
| **Setting a profile so only friends, or friends of friends can follow or like posts** |  |



Put the bullet points in order by putting the online safety tip you think is most important at number 1, down to the least important safety tip.

* Have secure passwords (e.g. three random words with letters, numbers, capitals)
* Make sure photos don’t include sensitive or private information
* Don’t overshare information on social media
* Password and pin protect all devices
* Update firewalls and antivirus software
* Don’t access personal information if using public Wi-Fi (e.g. in a café or on a train)
* Always check before passing on anyone else’s information, even to a friend
* Regularly check privacy settings, especially after updates
* If unsure about online safety, visit an online source of support (e.g. [thinkuknow.co.uk](https://www.thinkuknow.co.uk/))

Using what you now know about the consequences of sharing personal information online, and the different strategies that could be used to stay safe, write a short piece of advice to the three characters below: **Afterwards read the next slide to reveal the answers: Does your advice include some of these key points?**

**AALIYAH**

Aaliyah has been contacted on social media by someone she doesn’t know. They have sent her a message telling her a little bit about themselves and have asked her questions about herself in return. They seem to just want to be friends.

**What would your advice to Aaliyah be?**

**AUSTIN**

Austin has been sent an email, congratulating him on winning a competition. He can’t remember entering this particular one, but all he has to do to claim his prize is enter a few simple details. He’s excited to have won something!

**What would your advice to Austin be?**

**Personal reflection**

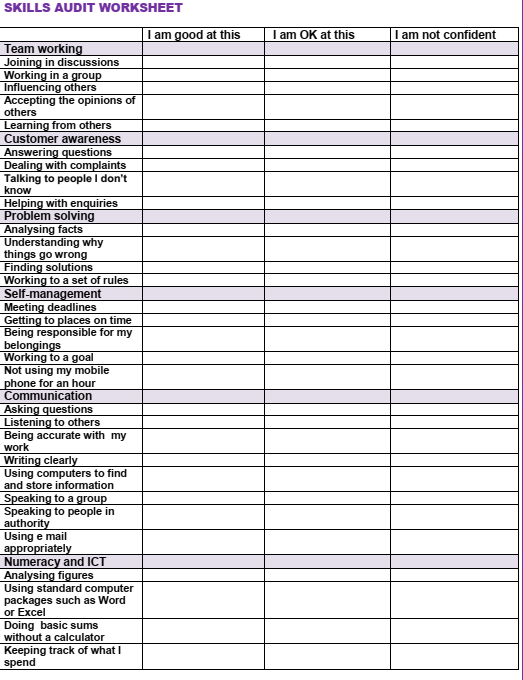
Using what you have learnt today, write down three things that you will aim to do in future to increase your safety online.

1. **Employability skills**

|  |  |  |
| --- | --- | --- |
| Self-management |  | **Analysing facts and situations and applying creative thinking to develop appropriate solutions.** |
| Team working | **Manipulation of numbers, general mathematical awareness and its application in practical contexts (e.g. measuring, weighing, estimating and applying formulae).** |
| Business & customer awareness | **Basic understanding of key drivers for business success – including importance of innovation, taking calculated risks and profit – and the need to provide customer satisfaction and build customer loyalty.** |
| Problem solving | **Application of literacy, ability to produce clear, structured written work and oral literacy, including listening and questioning.** |
| Communication & literacy | **Basic IT skills, including familiarity with word processing, spread sheets, file management and use of internet search engines.** |
| Application of numeracy | **Respecting others, co-operating, negotiating/persuading, contributing to discussions, and awareness of interdependence with others.** |
| Application of IT | **Accept responsibility, flexibility, resilience, self-starting, appropriate assertiveness, time management, readiness to improve own performance based on feedback/reflective learning.** |

**TASK: Match up the employability skills on the left with the meaning on the right.**

**Task: Audit the skills you have by putting a tick in the column you most agree with.**

****

**TASK: Now you have audited your skills consider how you will work on those skills. Write an example of something you could do in each of the boxes below:**

