



Digital Wellbeing Program

Scope & Sequence Document
2023

Program overview

Provocation

In-class activity & discussion led by teacher/mentor, provided by ySafe

Workshop

Expert led workshop exploring two topics - supported by teaching staff.

Post Workshop

Each of the topics are further explored in class with lesson plans and classroom activities.

Scope & Sequence

K - Year 3

Year Group	Topics	Learning Intention
K & PP	<ul style="list-style-type: none">• Intro to the internet• Staying safe online• Privacy	<ul style="list-style-type: none">• Describe activities that the Internet is used for.• Identify trusted adults.• Describe help-seeking strategies.• Describe situations in which it is not appropriate to photograph or record someone.
1	<ul style="list-style-type: none">• Friends vs Strangers• Private Personal Information	<ul style="list-style-type: none">• Appreciate that the Internet connects them to other people.• Distinguish between friends and strangers online.• Describe help-seeking strategies in response to different online safety scenarios.• Provide examples of information that you should not share on the Internet.
2	<ul style="list-style-type: none">• Private Personal Information• Chatting Online	<ul style="list-style-type: none">• Distinguish between private personal information and general information.• Provide examples of information that you should not share on the Internet.• Describe strategies that can be used if someone/something online makes you feel upset or uncomfortable.
3	<ul style="list-style-type: none">• Healthy digital habits• Online socialisation and communication (with friends and strangers)	<ul style="list-style-type: none">• Practice healthy digital habits by managing screen time and online behaviours.• Describe simple online etiquette principles when communicating with others online.• Analyse 'healthy' and 'unhealthy' friendship qualities in the context of online socialisation and communication.

Scope & Sequence

Year 4 - 6

Year Group	Topics	Learning Intention
4	<ul style="list-style-type: none">• Personal information vs. general information• Digital Wellbeing	<ul style="list-style-type: none">• Analyse the types of information that are personal, private and not safe to share.• Understand the dangers of sharing personal and private information• Practice healthy digital habits by managing screen time and online behaviours.
5	<ul style="list-style-type: none">• Cyberbullying, online conflict and bystander behaviours• Healthy digital habits	<ul style="list-style-type: none">• Analyse challenging social situations online and consider the intention and impact of those involved.• Identify the different types of bystanders in a cyberbullying scenario.• Practice healthy digital habits by managing screen time and online behaviours.• Understand the difference between reality vs online persona.
6	<ul style="list-style-type: none">• Safety on messaging apps• Identifying and responding appropriately to negative online behaviour	<ul style="list-style-type: none">• Identify and analyse the risks of different social media platforms.• Understanding how to identify red flags in regards to online relationships.• Assess when to take action and explain what to do if concerned about online relationships.

Scope & Sequence

Year 7 - 9

Year Group	Topics	Learning Intention
7	<ul style="list-style-type: none">• Healthy digital habits• Online contacts and impersonation accounts	<ul style="list-style-type: none">• Analyse and identify strategies that gaming companies use to promote frequent and prolonged use of their platforms.• Devise strategies to permit young people to better manage their screen-time.• Identify strategies that can be applied to help identify an online impersonation (aka 'catfish') account online.• Apply strategies to help distinguish between a legitimate and impersonation account.
8	<ul style="list-style-type: none">• Managing Risky Situations Online• Gaming Relationships - Managing Online Conflict	<ul style="list-style-type: none">• Understand the risks of sharing content online publicly.• Analyse the risks of engaging in potentially unsafe or inappropriate situations online.• Recognise power imbalances in online relationships.• Develop strategies to respond to negative online behaviours (as a victim or a bystander) in gaming environments.
9	<ul style="list-style-type: none">• Sharing Nudes & Respectful Relationships• Digital Footprint & Online Reputation	<ul style="list-style-type: none">• Identify non-consensual sharing of intimate images and image-based abuse.• Provide strategies to respond to non-consensual sharing of intimate images as a bystander.• Describe the relationship between online activity, digital footprint, and personal brand.• Recognise the role of online reputation in employability and third-party perceptions.

Scope & Sequence

Year 10 - 12

Year Group	Topics	Learning Intention
10	<ul style="list-style-type: none"> Echo Chambers, Fake News & Confirmation Bias Risks of Pornography 	<ul style="list-style-type: none"> Explain how echo chambers and filter bubbles are formed in online environments. Explain how online confirmation bias can contribute to polarisation on sensitive social topics. Critically assess the validity and reliability of the news that they consume. Analyse the risks associated with pornography consumption, including relational, physical, sexual and psychological.
11	<ul style="list-style-type: none"> Digital Footprint & Online Scams Risks of Online Gambling 	<ul style="list-style-type: none"> Identify how personal information online can be used by scammers to create targeted scams. Explain how scammers target our emotions, desires or lack of knowledge to persuade us to respond in certain ways. Explain how aspects of gambling are embedded in popular online platforms used by children and teens. Explore the psychological processes that affect gambling behaviours.
12	<ul style="list-style-type: none"> Online Reputation & Personal Brand Catfishing 	<ul style="list-style-type: none"> Evaluate the information that is publicly available about themselves online and create a strategy for capitalising on their digital footprint to enhance personal brand. Explore online relationship-based scams, focussing on catfishing and sextortion. Identify strategies that can be used to verify the identity of connections made online.