

RELATIONSHIPS

Jigsaw Jez's Journey

How can I build positive, healthy relationships?



personality characteristics
self-esteem
interests
hobbies

I will learn about...

- my characteristics and personal qualities
- the positive and negative consequences of online communities
- rights and responsibilities in online communities or social networks
- how to stay safe when using technology to communicate with friends
- my rights about my personal data

lonely
wellbeing

I will explore...

- ways to build my self-esteem
- how online communities and games may be unsafe, uncomfortable, helpful or unhelpful
- how to reduce my screen time, so my health is not affected
- how to resist pressure to use technology in a way that may be risky or harmful to others
- strategies to help me stay safer online
- how to question confidently and say 'no' when I feel uncomfortable

age restriction
grooming
risky
personal information
data
privacy

assertive
controlling
bullying

targeting
reporting
reliable
addiction

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Can you talk about a strategy which might help you or others to stay safe online?

My Thinking Pad

What have I learnt in this puzzle that helps me to build positive, healthy relationships?

My self-esteem is important because ...

Online relationships can be different to face-to-face ones due to ...

I can stay safe when using technology to communicate with my friends by...

How could you help someone resist the pressures to use technology in risky or harmful ways?

Why might technology be risky or harmful towards a person?

Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

When could you use the Safety STAR?

