Healthy relationships and online safety 1 - primary 5-7

**Tags:** **[Primary](https://education.gov.scot/improvement/search/?TagSelected=Primary)** [**Health and Well Being (HWB)**](https://education.gov.scot/improvement/search/?TagSelected=Health%20and%20Well%20Being%20(HWB))[**Parents**](https://education.gov.scot/improvement/search/?TagSelected=Parents)

What is this?

This activity helps children understand that there are different kinds of friendships and relationships and that they can have face to face and online.

Who is this for?

Parents of primary school children. This activity is aimed at young children in P5/P6/P7.

For children at Primary 5/6/7 stages

You can play the following game with your child:

[**Band Runner**](https://www.thinkuknow.co.uk/8_10/) is an interactive game that helps reinforce key messages about online safety.

The [**Think U Know - Home activity pack**](https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-8-10s-home-activity-sheet-1.pdf) contains two 15-minute activities to do with your child to support their online safety at home.

Healthy relationships and online safety 2 - primary 5-7

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You can play the following game with your child:

[**Play Like Share**](https://www.thinkuknow.co.uk/parents/playlikeshare/) is a three-episode animated series that helps keep 8-11 year olds safe from risks they might encounter online.

The [**Think U Know - Home activity pack**](https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-8-10s-home-activity-sheet-1.pdf) contains two 15-minute activities to do with your child to support their online safety at home.

# Healthy relationships and online safety 3 - primary 5-7

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In this activity you will think of the best ways to make friends.

#### How to make a friend – top tips:

* Ask someone their name. Tell them your name.
* Smile at someone.
* Ask if you can join in.
* Start talking to someone, say what you like and
ask questions about what they like.
* Listen to what someone is saying.
* Give the other person a chance to talk.
* If someone looks lonely or sad, go and talk to them.
* Go to a club where they do something you like.
* If someone looks like they are stuck with something, ask if you can help.
* If someone needs something, let them borrow yours.
* Go and speak to the new person.
* Give someone a compliment.

Thinking about the tips above, which ones would you use if:

A. It is your first day at a new school.

B. It is the first day of term, it’s a new class, you know a lot of people but your friends from last year are in another class now

C. You have moved to a new street and go out to play.

D. You are at home playing a game online and someone from school is also at home online and wants to join in.

Discuss your responses with your parent/carer.