Healthy relationships and online safety - secondary

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

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 secondary school learners. This activity is aimed at young people in S1 to S3.

For children at S1, S2 and S3 stages

**Information for parents/carers**

Each of the activity link packs contains two 15-minute activities to do with your child to support their online safety at home

[**Activity packs for children aged 11-13**](https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/11-13s/)

[**Activity packs for children aged 14+**](https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus/)

**Information for learners**

This activity helps young people understand the importance of communication as part of being cared for, and caring for others in a friendship/relationship. At this stage, young people are developing the skills and confidence to make decisions about the relationships they want**.**

This activity will help you understand what communication is and why it’s important.

How do we communicate what we think, feel or want?

* 7% of what we communicate is done by the words we use.
* 38% of what we communicate is done by our tone of voice.
* 55% of what we communicate is done by our facial expressions and other body language

Discuss the following with someone at home:

* What do you think you use most when you are communicating *your* feelings?
* How do you know when a baby is happy?
* How do you know when a friend is either happy or a bit upset with you?
* How do you know when someone at home is unhappy about something you have done?
* How do you know when someone online is either happy or a bit upset with you?

**Extra challenge**

[**Mind yer Time**](http://www.mindyertime.scot/) was developed by children and young people from the Children's Parliament and the Scottish Youth Parliament, to empower other children and young people across Scotland to use screens and social media in healthy ways.