

Thinkuknow resources in the UK curriculum

Scotland

This document sets out how each Thinkuknow resource delivers education which help meets the requirements of curriculum subjects in Scotland. You may also find that some of the learning objectives included in these resources are relevant to other curriculum areas such as listening and talking.

Core learning objectives are highlighted in [blue](#).

AGE 3 – P7

Relevant resources for age 3 to P7:

- **Jessie & Friends (4-7)** – a series of three animations that follow the adventures of Jessie, Tia and Mo as they begin to navigate the online world, watching videos, sharing pictures and playing games. It includes a resource pack for professionals with detailed session plans
- **Play Like Share (8-10)** – a series of three animations that follow the adventures of Sam, Ellie and Alfie as they form a band and enter their school’s Battle of the Bands contest. They learn that while the internet can help them in pursuit of their goal, they need to use it wisely and safely. It includes a resource pack for professionals with detailed session plans
- **#LiveSkills (8+)** - #LiveSkills is a package of resources focusing on live streaming, one of the most popular online activities for children and young people. Resources for 8-11s focus on building confidence and self-esteem, and exploring positive and negative attention.

These resources help to meet the following curriculum requirements:

| HEALTH AND WELLBEING (PERSONAL AND SOCIAL EDUCATION) | | | | |
|--|--|------------------------|------------------------|-----------------------------|
| Level | Statement | Jessie & Friends (4-7) | Play Like Share (8-10) | #LiveSkills (8-11 resource) |
| All levels | I know and can demonstrate how to keep myself and others safe and how to respond in a range of situations | ✓ | ✓ | ✓ |
| Early and First Level (age 3 – P4) | I am learning about respect for my body and what behaviour is right and wrong. | ✓ | ✓ | ✓ |
| | I know who I should talk to if I am worried about this. | ✓ | ✓ | ✓ |
| | I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. | ✓ | ✓ | ✓ |
| Second Level (P5 – P7) | I understand that a wide range of different kinds of friendships and relationships exists. | N/A | ✓ | ✓ |
| | I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. | N/A | ✓ | ✓ |
| | I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it. | N/A | ✓ | ✓ |

| TECHNOLOGIES | | | | |
|--------------|---|------------------------|------------------------|-----------------------------|
| Level | Statement | Jessie & Friends (4-7) | Play Like Share (8-10) | #LiveSkills (8-11 resource) |
| Early Level | I can explore, play and communicate using digital technologies safely and securely. | ✓ | ✓ | ✓ |
| First Level | I can extend my knowledge of how to use digital technology to communicate with others and I am aware of ways to keep safe and secure | ✓ | ✓ | ✓ |
| Second Level | I can explore online communities demonstrating an understanding of responsible digital behaviour and I'm aware of how to keep myself safe and secure. | N/A | ✓ | ✓ |

S1 – S6

Relevant Thinkuknow resources for S1 to S6:

- **First to a Million (11-14)** – an interactive film which follows a group of friends as they take part in an online challenge to get “first to a million” views on their channel. It explores the concept of the digital tattoo, online privacy
- **#LiveSkills (11+)** - #LiveSkills is a package of resources focusing on live streaming, one of the most popular online activities for children and young people. Resources for 11+ focus on online sexual abuse via live streaming, and identifying and responding safely to pressure online
- **Thinkuknow Toolkit (11+)** – the Thinkuknow Toolkit enables you to use the Thinkuknow website as an engaging learning resource. Activities support young people to develop confident, healthy approaches to sex, relationships and the internet, identify any negative behaviour they encounter, and respond resiliently
- **Exploited (14+)** – Exploited is a film and accompanying resource pack that explores issues of emotional and sexual abuse with teenage relationship. It examines the difference between healthy and unhealthy relationships, peer pressure and how to seek help. The film’s narrative takes place offline but can be applied to an online context
- **Send me a pic? (12-14)** – a series of three session plans and seven short film clips on the consensual and non-consensual sharing of nude images among young people. Each clip shows a fictional online chat where young people request, receive and discuss issues related to nude images
- **Online blackmail (15-18)** – a session plan and supporting resources that focus on helping young people to identify key characteristics of how blackmail manifests online, understand the impact it can have, and how they can access help if they experience it

These resources help to meet the following curriculum requirements (core learning objectives are highlighted in **blue**):

| HEALTH AND WELLBEING (PERSONAL AND SOCIAL EDUCATION) | | | | | | | |
|--|---|----------------------------|----------------------------|--------------------------|-----------------|------------------------|--------------------------|
| Level | Statement | First to a million (11-14) | #LiveSkills (11+ resource) | Thinkuknow Toolkit (11+) | Exploited (14+) | Send me a pic? (12-14) | Online blackmail (15-18) |
| All levels | I know and can demonstrate how to keep myself and others safe and how to respond in a range of situations | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

| HEALTH AND WELLBEING (PERSONAL AND SOCIAL EDUCATION) | | | | | | | |
|--|---|----------------------------|----------------------------|--------------------------|-----------------|------------------------|--------------------------|
| Level | Statement | First to a million (11-14) | #LiveSkills (11+ resource) | Thinkuknow Toolkit (11+) | Exploited (14+) | Send me a pic? (12-14) | Online blackmail (15-18) |
| Second Level (P5 – P7) | I understand that a wide range of different kinds of friendships and relationships exists. | ✓ | - | ✓ | N/A | N/A | N/A |
| | I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it. | ✓ | ✓ | ✓ | N/A | N/A | N/A |
| Third and Fourth Level (S1 – S3) | I understand and can explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. | - | ✓ | ✓ | ✓ | ✓ | - |
| | I recognise that power can exist within relationships and can be used positively as well as negatively. | - | ✓ | ✓ | ✓ | ✓ | ✓ |
| | I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. | ✓ | - | ✓ | ✓ | ✓ | - |
| | I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult. | - | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' sexual health and wellbeing. | ✓ | ✓ | ✓ | ✓ | ✓ | - |

HEALTH AND WELLBEING (PERSONAL AND SOCIAL EDUCATION)

| Level | Statement | First to a million (11-14) | #LiveSkills (11+ resource) | Thinkuknow Toolkit (11+) | Exploited (14+) | Send me a pic? (12-14) | Online blackmail (15-18) |
|-------|---|----------------------------|----------------------------|--------------------------|-----------------|------------------------|--------------------------|
| | I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what appropriate sexual behaviour is. | - | ✓ | ✓ | ✓ | ✓ | - |
| | I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law | ✓ | ✓ | ✓ | ✓ | - | - |
| | I know where to get support and help with situations involving abuse and I understand that there are laws which protect me from different kinds of abuse | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

TECHNOLOGIES

| Level | Statement | First to a million (11-14) | #LiveSkills (11+ resource) | Thinkuknow Toolkit (11+) | Exploited (14+) | Send me a pic? (12-14) |
|---------------------|---|----------------------------|----------------------------|--------------------------|-----------------|------------------------|
| Second Level | I can explore online communities demonstrating an understanding of responsible digital behaviour and I'm aware of how to keep myself safe and secure. | ✓ | ✓ | ✓ | N/A | N/A |
| Third Level | I can keep myself safe and secure in online environments and I am aware of the importance and consequences of doing this for myself and others. | - | ✓ | ✓ | - | ✓ |