

Digital Resilience
curriculum 2017-18

Your guide to the Digital Resilience curriculum

The **Digital Resilience curriculum** has been designed to foster children and young people's own resilience in order to help them cope and flourish in a digital world.

It follows research that highlights the fact that building digital resilience is a more effective way to ensure children stay safe online and benefit from the opportunities it offers.

Based on the basic tenets of resilience it deals with social and emotional skills, safe spaces and recovery. These themes are drawn from the work done by the UK Council on Child Internet Safety's Digital Resilience Working Group, chaired by our CEO.

Working with leading experts in this field and drawing on resilience literature, that group has defined digital resilience as

having the emotional resources needed to:

- **understand** when you are at risk online
- **know** what to do to seek help
- **learn** from experience
- **recover** when things go wrong

The Digital Resilience curriculum represents a step change in the approach taken thus far towards online safety, augmenting existing work but responding to the more complex challenges that require children to develop their own personal resources alongside the knowledge needed to make better decisions.

The first term deals with empathy and understanding resilience. The second looks at understanding what makes some spaces riskier than others and knowing how to identify spaces that put users at additional risk of harm and in the final term we explore recovery. How to ask for help and how recovery can be achieved when things go wrong.

The curriculum includes work across all ages and takes a whole school community approach with resources for teachers, pupils and parents.

Autumn Term 2017

Social and Emotional Skills: Empathy

Resource	What it is	Date
Lesson Plan	Empathy: what is it and how to show it in your online life	Sep 2017
DigiDog Activity	An additional DigiDog activity to promote empathy	Sep 2017
#DigiKnow	Questions on empathy to add to #DigiKnow	Sep 2017
Senior Leadership Briefing	Summary guide to your membership and Digital Resilience in the year ahead	Sep 2017
Film for staff and governors	Explaining why we're focusing on digital resilience and how it's different to online safety	Sep 2017
Senior Leadership Briefing	From the PSHE Association: preparing for including digital issues when PSHE becomes mandatory	Oct 2017
Parent handout	Developing empathy for your children's online life and behaviour	Oct 2017
Senior Leadership Briefing	Empathy: what's driving a child's risky online behaviour?	Nov 2017
Teacher Guide	Developing empathy for your pupils' online lives and behaviour	Nov 2017
Senior Leadership Briefing	Report from the UKCCIS Digital Resilience working group	Dec 2017
Parent handout	What parents say....and what children hear	Dec 2017

Spring term 2018

Safe Spaces: Identification

Resource	What it is	Date
Lesson Plan	Is it Safe? How to recognise safe spaces	Jan 2018
Senior leadership briefing	Are your pupils taking risks online? Understand risky spaces	Jan 2018
DigiDog	How DigiDog knows if a website is safe	Jan 2018
#DigiKnow	Additional questions on safe and unsafe spaces	Jan 2018
Senior leadership briefing	Safe spaces vs risk: the importance of risk taking in building resilience	Feb 2018
Primary poster	'Instead of, not no' Age appropriate alternatives to risky spaces and games	Feb 2018
Teacher handout	What makes some spaces riskier than others?	Mar 2018
Senior leadership briefing	What are policy makers doing to make the internet safer for children?	Mar 2018
Parent handout	How to recognise safe and unsafe spaces	Mar 2018

Summer Term 2018

Recovery: Reporting

Resource	What it is	Date
Lesson Plan	How to know when to ask for help, and who to ask	Apr 2018
Senior Leadership Briefing	Emotional support for recovery for your pupils	Apr 2018
DigiDog	DigiDog gets help when he makes a mistake online	Apr 2018
#DigiKnow	Additional questions on reporting to services and other forms of help	Apr 2018
Senior Leadership Briefing	What to expect after reporting	May 2018
Staffroom Poster	What to do with a digital safeguarding issue	May 2018
Parent handout	Helping your child recover after a bad online experience	May 2018
Senior Leadership Briefing	Taking down images – support for pupils	Jun 2018
Parent Handout Template	Promoting the peer-to-peer-to-parent end of year offer	Jun 2018
Senior Leadership Briefing	Looking back over the year, and forward to next year's resources	Jul 2018
Parent handout	Where to turn for advice and support when school is closed	Jul 2018