

Name

Class

Project
Right Click

Safeguarding in Partnership

Interactive safeguarding sessions – Offline / Online

WORKBOOK



Project Right Click

Interactive safeguarding sessions - cyber safety

Screens / devices audit.

List the screens/devices in your house. Include all the following: phones, televisions, radios, gaming devices. Computers – laptops/desktops.

If you have several of one type, list them as; television1, television 2, etc. When you have made your list, highlight the screens/devices in your bedroom.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16

Does your family have rules about screens/devices?

What are they?



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Interactive safeguarding sessions - cyber safety

Screens / devices audit.

(blue for sleep / red for online / green for offline)

What are they?

Time	School day	Weekend / Holiday
Midnight		
1 am		
2 am		
3 am		
4 am		
5 am		
6 am		
7 am		
8 am		
9 am		
10 am		
11 am		
Noon		
1 pm		
2 pm		
3 pm		
4 pm		
5 pm		
6 pm		
7 pm		
8 pm		
9 pm		
10 pm		
11 pm		

Post comments about your time audit.



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The average British child spends 44 hours-almost 2 days-staring at screens every week. Obviously, there are many dangers associated with excessive screen time, but the real tragedy is what you are missing.

Here are 50 things that you might not see because you are too busy looking at your phone.

- The sunset
- A full moon
- A supermoon
- Lightning striking
- Lightning striking again
- Oncoming cars
- The end of the escalator
- Passing horse
- The, freakishly early, daffodils of the year
- People slipping and falling on ice
- The exact point when your haircut starts to go awry
- Sunlight shimmering on the river
- A spider web
- A £20 note
- People on their phones walking into lamp posts
- Lamp posts
- Somebody cooking naked in the building across the street
- The basic plot of any TV show with subtitles
- Blossom trees in full bloom
- Seagulls being whipped around in the wind
- A squirrel methodically destroying the bird feeder
- A fox and the crow fighting over a happy meal
- A perfectly serviceable bicycle, if only you could figure how to get it out of the canal
- Fireworks
- Snow
- Your hollow, dead eyes in the mirror as you slouched past
- A man handing out free coffee
- An old acquaintance
- The state of your nails
- 00s of eyelevel reminders that Valentine's Day is fast approaching
- New graffiti
- Pop-up shops
- An upholstered stool flying out of a pub door at 3 o'clock in the afternoon
- Someone attractive smiling at you
- Someone weird, if you been paying attention, you wouldn't have sat down next to them
- The stuff the person in front of you is looking at on their phone
- Anybody elderly or pregnant who might need your seat
- The judgemental looks of other public transport users
- Your stop
- Lunch
- Vital last-minute instructions from your sky diving instructor
- Any storm blown debris that might be heading your way
- The bit where the train crosses from the Tamar into Cornwall
- A celebrity buying bedsheets
- Your dog, who has been staring at you balefully for an hour
- Your cat doing something cute
- The food on your plate
- Other potential content for your Instagram stories
- How stupid everyone else in your family looks staring down at their phones
- Sleep

In your group, write 10 things you might miss when you are staring at your phone



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Project Right Click Ground Rules

The topics can be difficult, we need rules to help everyone to feel comfortable and safe.

The topics in this Project are about everyday situations/events. They cover: factual information; direct experiences; community views; media images; political ideology; stereotypes; personal loyalties; and strong feelings. The focus is on dangers, and how with relationships and care, we are all safer and empowered.

- ✓ Everyone should feel accepted and included, and feel able to talk about their ideas and views freely.
- ✓ Views expressed will be treated as confidential, except where something is shared which suggests that a young person is at risk of or dealing with harm. The young person would be informed that it will be followed up.
- ✓ There has to be respect for different opinions/experiences, and no judgement made about people.
- ✓ It is always important to listen, not interrupt, and to speak in turn. It is especially important when the topic is about personal experiences, feelings, and reactions.
- ✓ It is not fair or kind, to repeat parts of our discussions or what individual people have said, outside the lesson, with the aim to hurt someone, anyone.
- ✓ Some topics will touch on situations/events about which the group or their families/communities are divided. This work is about the relationships that unite us and about keeping ourselves safe.

Design a logo for Project Right Click

