

Year 3 Think It: Lesson 2

Online Identity and Positive Self-Talk



Background:

Online information sharing, such as posts and photos are, more often than not, exciting, interesting and attention-grabbing. We don't often see or share usual everyday experiences such as getting enough sleep, doing our homework, cleaning our room or brushing our teeth. As a result, people often form strange ideas about who people are, based only on what they see online. It is important that young people understand that what is shared online is only a part of a person's personality and not the whole person. Positive self-talk is a strategy that professional athletes often use to help to encourage, focus and motivate people when they are feeling down. It is essential that young people have authentic practice using this strategy to then feel comfortable using it when they need it.

Key Concepts	<ol style="list-style-type: none">1. To recognise that online identities are only a part of a whole person.2. Positive self-talk is a helpful strategy to support and maintain our health and happiness in both online and offline contexts.
Badge Descriptors	<ul style="list-style-type: none">• I can explain how online identities don't reveal the whole person.• I can explain why someone might choose a particular photo of themselves for their online profile.• I can identify how and when I should use positive self-talk.

Glossary

comment	This is the term used whenever a user is replying to a post made by either themselves or somebody else. All comments will appear together with the original post. The end result may look like a discussion.
online	When you are working connected to the internet, usually via a website, or on devices such as computers, tablets and mobile phones.
poll	This is an opportunity for pupils to be able to give their opinion on subjects within a Natterhub lesson. When all pupils have made their decision, the results will be displayed anonymously in different ways.
post	This is something which a user has shared on social media. It may be text they have written or something they have shared, such as a photo or a video. A post on Natterhub will be visible to all other users within the class.
profile	An area or page on a site where information about a person is found.
slide	Each individual page in a Natterhub lesson is known as a slide. These will show up one at a time and contain the option for pupils to add their own comments.
social media	Online groups, chat rooms and sites where people can chat, share and interact with people all over the world.