

# Jigsaw Jez's Journey

self esteem  
grooming

troll



Relationships

characteristics

How can I build positive, healthy relationships?

personal qualities

I will learn about...

- My characteristics and personal qualities 
- Positive and negative consequences of online communities 
- Rights and responsibilities in online communities or social networks
- Screen time and how to stay safe when using technology



trustworthy

I will explore...

- How to build my self-esteem
- How online communities may be unsafe, uncomfortable, helpful or unhelpful to me
- Online games and how they may be unhelpful or unsafe
- Screen time and how I can look after my health
- How to resist pressure to use technology in a way that may be risky or harmful towards others

privacy

settings

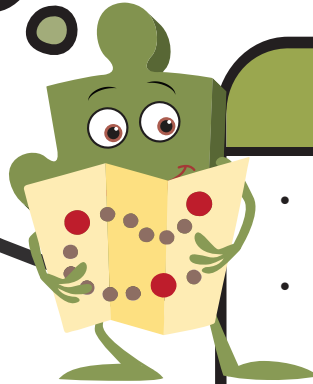
online community

peer pressure

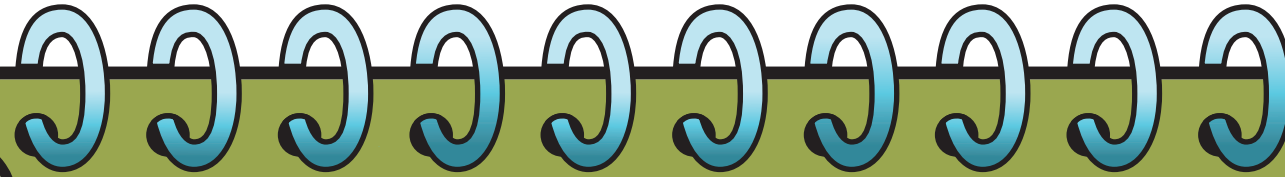
age restriction

risky

influences



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Can you talk about a strategy which might help you or others to stay safe online?

How could you help someone resist the pressures to use technology in risky or harmful ways?

## My Thinking Pad

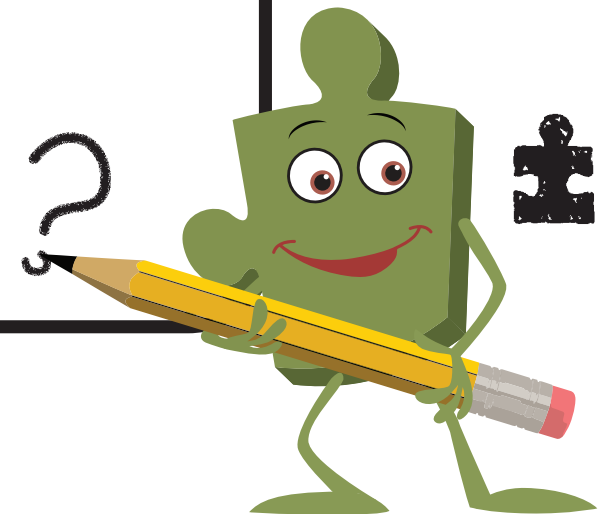
What have I learnt in this puzzle that helps me to build positive, healthy relationships?

My self-esteem is important because...

Online relationships can be different to face-to-face ones due to...

I can stay safe when using technology to communicate with my friends by...

Why might technology be risky or harmful towards a person?



Relationships

