

Awareness 1

Y10 RHSE [PD] Extraction 2026+

Harmful Online Behaviours

Warning signs

Messages meant to humiliate

“Jokes” that clearly upset someone

Pile-ons where lots of people attack one person

Anonymous accounts targeting individuals



Cyberbullying

Using technology to hurt, embarrass, threaten, or target someone repeatedly.

Examples

Creating group chats to mock someone

Posting embarrassing photos/videos without permission

Spreading rumours on apps like Snapchat or TikTok

Leaving cruel comments under posts

Excluding someone on purpose and making it public

If the behaviour would be unacceptable face-to-face, it is unacceptable online too.

Harmful Online Behaviours

Grooming & Manipulation

When someone builds trust online to manipulate, exploit, or pressure a young person.

Examples

Someone much older asking for private photos

A stranger offering gifts, money, game credits, or “mod” access

Someone saying:

“Don’t tell your parents”

“You’re mature for your age”

“Prove you trust me”



Warning signs

Moving conversations to private apps quickly

Asking personal questions very early

Emotional pressure or guilt

Requests for secrecy

Healthy online friendships never require secrecy, pressure, or sharing inappropriate content.

Harmful Online Behaviours



Warning signs

Urgent language (“Act NOW!”)

Strange links

Requests for passwords or bank details

Poor spelling and fake profiles



Pause before clicking. Scammers rely on panic and excitement.

Scams & Fake Accounts

Trying to steal money, passwords, personal information, or accounts.

Examples

“You’ve won a free iPhone!”

Fake celebrity giveaways

Someone pretending to be a friend asking for money

Fake online shops with prices that seem “too good to be true”

Phishing emails saying your account will be deleted unless you log in

Harmful Online Behaviours

Hate Speech & Extremist Content

Content attacking people because of race, religion, gender, sexuality, disability, or nationality.

Examples

Racist memes disguised as “dark humour”

Accounts encouraging hatred toward groups

Videos blaming certain groups for society’s problems

Extremist influencers encouraging violence or division



Warning signs

“Us vs them” language

Encouraging anger or violence

Repeated stereotypes

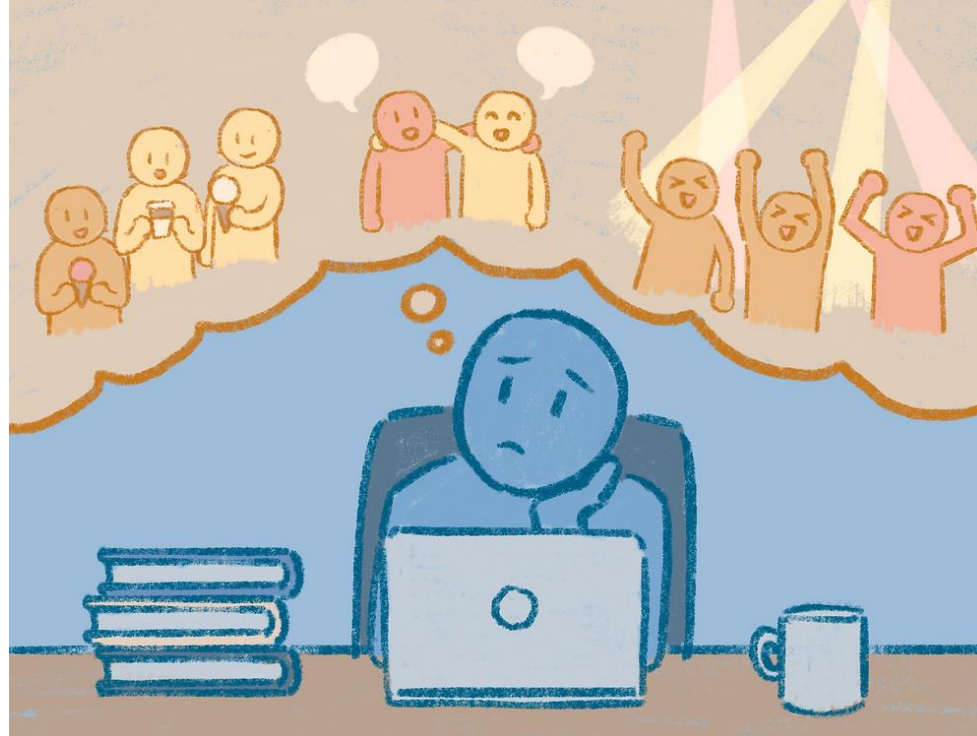
Trying to isolate viewers from other opinions

Not everything presented as “opinions” is harmless. Harmful content often spreads through humour and trends.

Harmful Online Behaviours

Warning signs

- Fear of missing out (FOMO)
- Threats of exclusion
- Recording risky behaviour for likes
- “Don’t be boring”



Views, likes, and trends are never worth risking safety or wellbeing.

Peer Pressure & Dangerous Challenges

Online trends or dares encouraging unsafe behaviour.

Examples

Viral challenges involving risk or self-harm

Pressure to send explicit images

Encouragement to vape, steal, or fight for views

“Everyone else is doing it”

Harmful Online Behaviours

Catfishing & Fake Identities

Someone pretending to be another person online.

Examples

Fake profiles using stolen photos

Someone lying about age or identity

Online “relationships” where the person avoids video calls

Warning signs

Refusing to meet or verify identity

Inconsistent stories

Brand-new accounts with few real interactions



Not everyone online is who they claim to be.

Rally Robin: One thing I know about harmful or helpful online behaviours is...

Online Gambling

Online gambling is risking money (or valuable items) on games or events where the outcome is mostly chance.

Gambling often appears through:

Sports betting apps

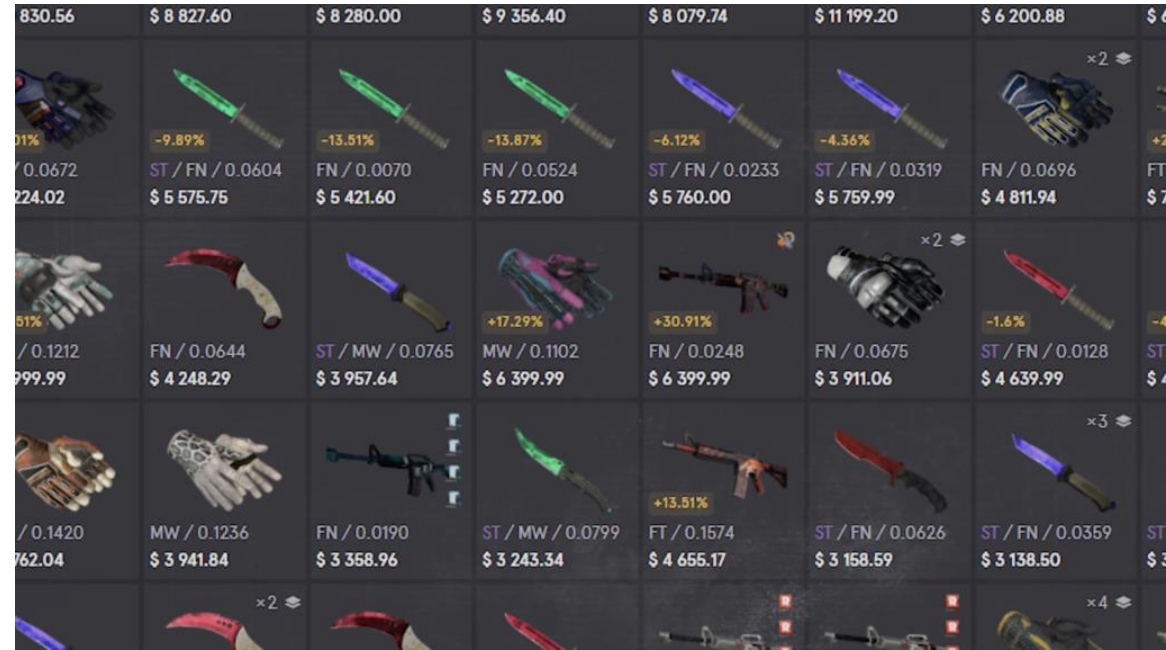
Online casinos

Loot boxes in games

“Skin betting” in video games

Crypto gambling sites

Influencer promotions on livestreams and social media



Warning signs

Hiding spending

Constant urge to try again

Chasing money back

Borrowing money from friends

Online Gambling

Sports Betting Apps During Football Matches

During Premier League matches, betting adverts often appear:

On shirts

Around stadiums

During halftime

On social media

Harmful behaviour

Encouraging risky betting as “easy”

Normalising gambling in sport

Pressure from friends to join betting apps



Warning signs

Constantly thinking about betting

Spending savings

Lying about gambling

Mood changes after losses



Online Gambling



Harmful behaviour

Spending repeatedly hoping for rare items

“Just one more pack”

Feeling excitement similar to gambling

Streamers opening huge numbers of packs online

Loot Boxes in Video Games

Games such as:

EA Sports FC 25 (Ultimate Team packs)

Overwatch 2 (earlier loot box systems)

Counter-Strike 2 skins/cases

Players spend money for a random reward.



Online Gambling

Influencers Promoting Gambling

Some streamers and influencers have promoted online casinos or crypto betting sites while showing large “wins” during streams.



We see:

Big cash wins

Excitement and celebrations

Referral links and bonus codes

Often, we miss:

Losses are hidden

Bets may use sponsored money

Videos are edited for entertainment

Influencers make gambling look risk-free

Online Gambling

Skin Gambling Websites

Some websites allow players to gamble expensive in-game skins from games like:

- Counter-Strike 2
- Rust

Items can sometimes be worth hundreds or thousands of pounds.

Harmful behaviour:

Gambling without realising it counts as gambling

Trading valuable digital items for chance-based rewards

Underage users accessing gambling sites



“Free Bets” and Bonus Offers

Betting companies often advertise:

- “Bet £10, get £30 free”
- “Risk-free first bet”
- “Free spins”

Harmful behaviour:

Encouraging people to start gambling

Making gambling seem harmless

Hiding difficult terms and conditions



Rally Table Fold: One thing I know about harmful or helpful online gambling behaviours is...

Safely Consuming Online Advertising & Content

Online Ads Are Highly Targeted

Companies collect information about:

- What you watch
- What you search
- What you click
- Your location
- Your interests

This allows adverts to feel personal and persuasive.

If something keeps appearing online, it does not automatically mean it is true, safe, or necessary.



Influencer Advertising

Influencers are often paid to promote:

- Clothing
- Skincare
- Supplements
- Gambling apps
- Cryptocurrency
- Online courses

Influencers are part entertainment and part advertising.



Safely Consuming Online Advertising & Content

Conspiracy Theories

Explanations claiming secret groups are controlling events without reliable evidence.

Why Conspiracy Theories Spread. They often:

- Make people feel they know “hidden truths”
- Offer simple answers to complicated problems
- Build online communities around shared beliefs

Be cautious if content:

- Says “only we know the truth”
- Claims all experts are lying
- Encourages distrust of everyone outside the group
- Avoids evidence
- Uses emotional language instead of facts



Safely Consuming Online Advertising & Content

Why False Information Spreads Quickly

False content often:
Creates shock

Makes people angry

Feels dramatic or emotional

Gets clicks and shares



Misinformation vs Disinformation

Misinformation

False information shared by mistake.

Example: Someone reposts a fake celebrity death story believing it is true.

Disinformation

False information shared deliberately to mislead people.

Example: Fake social media accounts spreading false stories to influence public opinion.

Algorithms may promote content that keeps people engaged — even if it is misleading. For example fake health advice on TikTok.

Safely Consuming Online Advertising & Content

Clickbait & Manipulation

Content designed mainly to get views, clicks, or reactions.

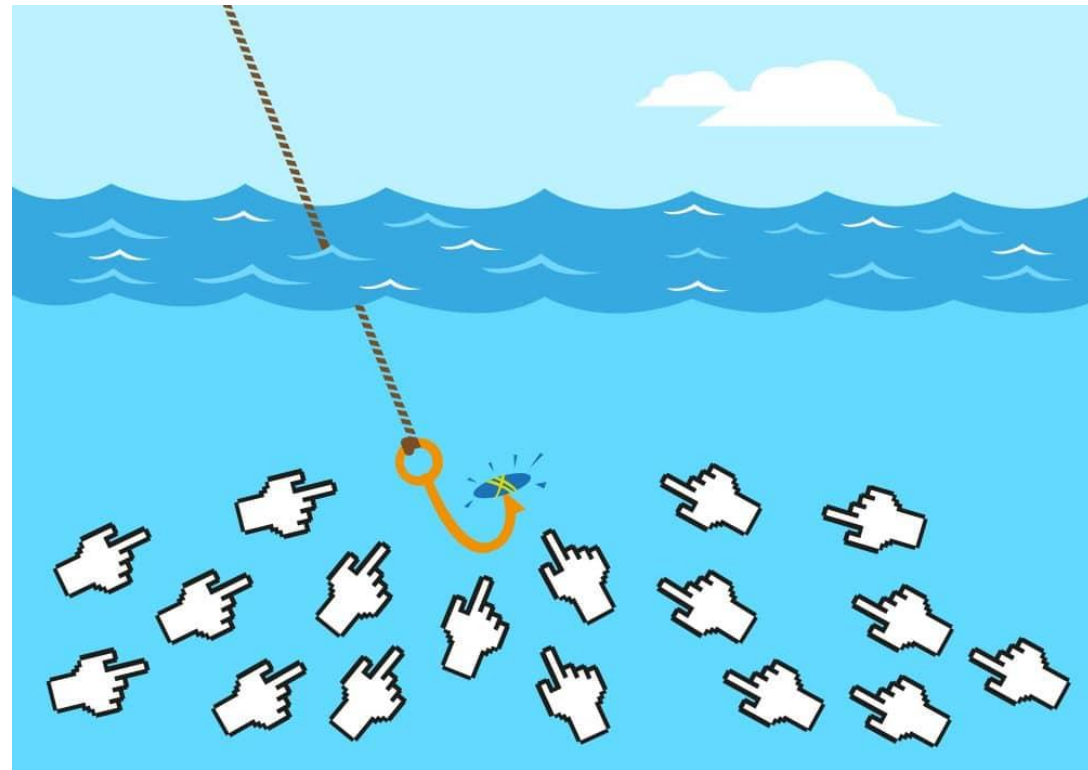
Example: “Doctors HATE this trick!”

Harmful behaviour as it:

Manipulates emotions

Spreads exaggerated or false information

Encourages impulsive reactions



How to Check if Information Is Trustworthy

Who created this?

What is their goal?

Is there evidence?

Is it emotionally manipulative?

Safely Consuming Online Advertising & Content

We may unexpectedly see:

- Violent videos
- Disturbing news
- Graphic images
- Hate speech
- Harassment
- Self-harm content



Dealing With Upsetting or Disturbing Material

What to do then:

Stop Scrolling and Pause

Do not keep watching upsetting material repeatedly.

Avoid Sharing It

Sharing harmful or shocking content can:

- Spread misinformation
- Distress others
- Increase harm

Use Reporting Tools

Most platforms allow users to:

- Report harmful content
- Block accounts
- Restrict recommendation

Talk to Someone Trusted

Curate Your Feed

Algorithms learn from behaviour.

- Unfollow harmful accounts
- Click “Not Interested”
- Limit toxic content
- Follow reliable creators instead

Risks of Illegal Online Behaviours & Understanding Public vs Private Online Spaces

Drug Supply Online

Drug dealing online is often hidden behind:

- Emojis
- Slang
- “Menus”
- Private stories
- Disappearing messages

Dealers may contact young people directly through online chat forums



Legal consequences

Even forwarding messages or helping arrange sales can become criminal offences.

Drugs sold online may:

Be fake
Contain dangerous chemicals
Cause overdose or serious illness

Personal safety risks

Exploitation
Violence
Debt threats
Gang involvement
Unsafe substances

Risks of Illegal Online Behaviours & Understanding Public vs Private Online Spaces

Knife Sales & Weapon Content

Illegal knife-related activity may involve:

Selling knives to underage users

Showing weapons for intimidation

Videos glorifying violence

Threats posted online

Be cautious if content:

Glorifies carrying weapons

Encourages violence as “protection”

Pressures others to carry knives

Uses fear or intimidation



Criminal Exploitation Online

Criminals sometimes target young people online to:

Move drugs or money

Store illegal items

Share illegal content

Threaten or manipulate others

Warning signs include:

Offers of fast cash

Requests for secrecy

Adults contacting teenagers for “jobs”

Requests to use someone else’s account

Risks of Illegal Online Behaviours & Understanding Public vs Private Online Spaces

Fraud & Online Crime

Selling fake products online

Using stolen bank details

Hacking accounts

Fake ticket sales

“Money mule” scams



Sharing Illegal or Harmful Content

Sharing violent videos

Posting threats

Distributing explicit images of minors

Hate speech

Encouraging criminal activity

Even if something is “shared as a joke,” it can still:

Cause harm

Lead to police involvement

Affect future education or employment

Risks of Illegal Online Behaviours & Understanding Public vs Private Online Spaces

Public vs Private Online Spaces

Online spaces are rarely fully private.

Public Online Spaces

TikTok comments
Public Instagram posts
YouTube comments
Livestream chats
Open Discord servers

Anyone may:

Screenshot content
Share it
Report it
Save it permanently



Private Online Spaces

WhatsApp groups
Snapchat messages
Private Discord servers
Close Friends stories

“Private” does not always mean safe or secret.

People can still:

Screenshot messages
Forward images
Record conversations
Share content outside the group

Risks of Illegal Online Behaviours & Understanding Public vs Private Online Spaces

Disappearing Messages Are Not Truly Safe

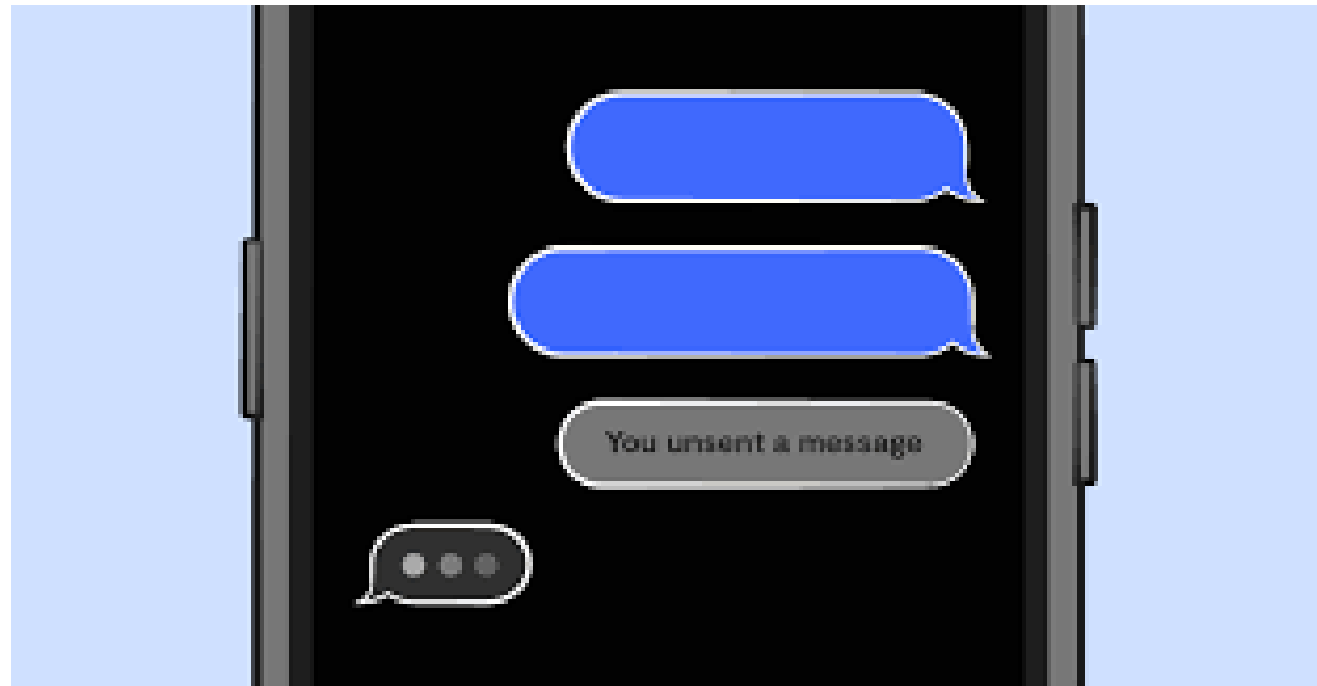
Apps may advertise:

- Vanishing messages
- Temporary photos
- Encrypted chats

But:

- Screenshots still exist
- Other devices can record content
- Police/platforms may still access evidence in investigations

Never post something online assuming it can never be seen again.



Risks of Illegal Online Behaviours & Understanding Public vs Private Online Spaces

If We Encounter Illegal Behaviour We should:

- Avoid engaging
- Avoid sharing content further
- Leave unsafe groups
- Block/report accounts
- Tell a trusted adult if they feel unsafe

We can:

- Say no
- Delay responding
- Exit conversations
- Seek support early



Digital Footprints Still Matter

Police, schools, employers, and platforms may investigate:

- Messages
- Images
- Comments
- Shared content

Even deleted material may still exist elsewhere.



Look Back: What detail might you add now to your earlier answers?

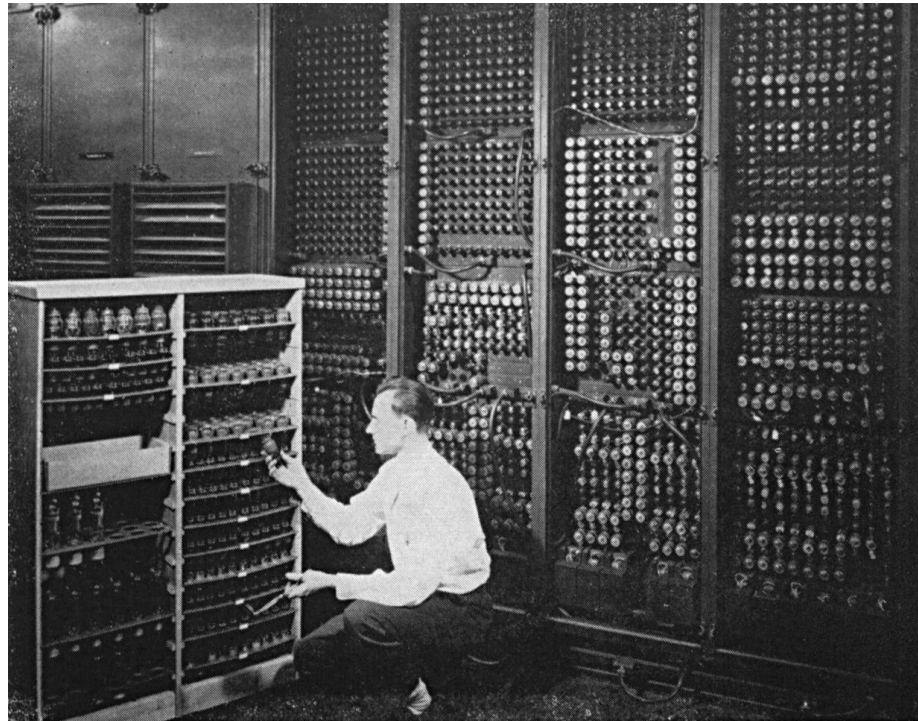
Data Sharing & Reporting Problems Online

Every time someone uses apps, websites, or games, they may share personal data such as:

- Name
- Location
- Photos
- Email address
- Phone number
- Search history
- Interests and activity

Companies often collect this data to:

- Target adverts
- Recommend content
- Keep users engaged
- Sell services more effectively



Risks of Oversharing

Sharing too much online can lead to:

Scams or phishing

Identity theft

Strangers learning personal information

Embarrassment or reputational damage

Location tracking

Steps to Take

Do Not Respond Emotionally

Pause before replying or sharing.

Save Evidence

Take screenshots if safe to do so.

Block and Report

Use platform safety tools.

Tell a Trusted Adult

Laws Relating to Sexual Behaviours

Also in Intimate Relationships 1 session

Sexual Offences Act 2003

This is the main law covering:

- Consent
- Rape and sexual assault [touching without consent]
- Sexual activity with a child [under 16]
- Abuse of position of trust

A child under 13 **cannot legally consent at all**
Illegal for an adult (18+) in a position of trust to have sexual activity with someone under 18, even if the young person is 16–17 and says yes

Sexual Offences Act 2003:

Exposure (flashing) is illegal if done to cause alarm or distress. Sexual activity in public could also lead to offences like outraging public decency

Voyeurism (Offences) Act 2019

Taking photos under someone's clothing without consent is illegal. Applies in schools, public places, etc.

Protection of Children Act 1978

For under-18s:

- Creating sexual images of someone under 18 = illegal
- Sharing them = illegal
- Possessing them = illegal

Includes:

- Taking a nude photo of yourself
- Sending it to a partner
- Forwarding someone else's image

Criminal Justice and Courts Act 2015

Illegal to share private sexual images without consent to cause distress. Applies even if the image was originally shared consensually

Protection from Harassment Act 1997

Repeated unwanted sexual messages or attention can be harassment. Includes online behaviour (texts, DMs, stalking)

Subculture impact online

What Is an Online Subculture?

A subculture is a group of people online who share:

- Interests
- Beliefs
- Humour
- Fashion
- Language
- Values

Some groups can:

Pressure people to think a certain way

Encourage unhealthy behaviour

Spread hate or misinformation

Isolate members from outside opinions

Healthy online communities can support hobbies, build friendships, help people feel less isolated, and help creativity.



Parasocial Relationships

When audiences feel emotionally connected to influencers who do not actually know them personally.

Inspires:

- Loyalty
- Trust
- Emotional attachment

Makes it easier for influencers to:

- Sell products
- Influence beliefs
- Shape opinions

Subculture impact online

Influencer Culture

Influencer culture revolves around people building large audiences online and shaping opinions, trends, and behaviour.

Influencers often appear:

- Relatable
- Successful
- Confident
- Attractive
- Wealthy

This can make audiences trust them more than traditional celebrities.

Harmful Influencer

Behaviour includes creating unrealistic expectations, pressure to constantly succeed, and shame around normal things.



Toxic masculinity content

Some influencers promote ideas like:

Men should never show emotion

Aggression equals strength

Women exist mainly for male approval

Dominance makes someone valuable

Fake lifestyles

Influencers may:

Rent luxury items

Edit photos heavily

Hide sponsorships

Exaggerate wealth or success

Subculture impact online

Incel Culture

“Incel” originally meant “involuntary celibate” — describing people who feel unable to form romantic relationships.

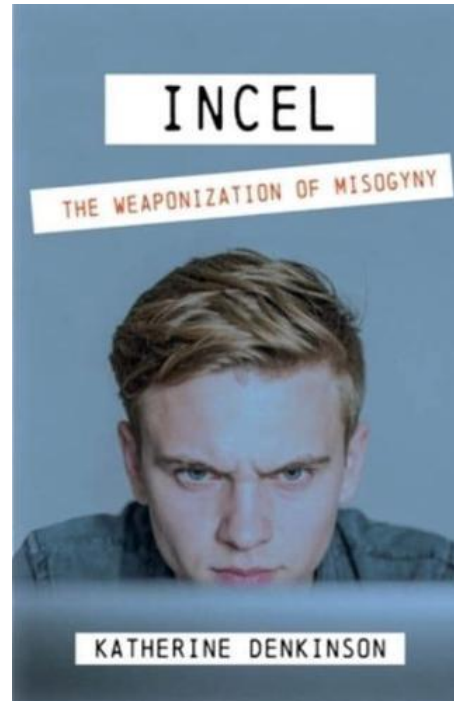
However, parts of online incel culture have become linked to:

- Extreme misogyny
- Hatred toward women
- Blaming others for personal problems
- Violent or extremist beliefs

The concern is when online spaces:

- Encourage resentment
- Promote hatred
- Reject empathy
- Radicalise vulnerable people

Not everyone struggling socially or romantically is part of harmful incel culture.



Some online communities tell boys or young men:

Women are “against” them

Society is unfair to men only

Relationships are impossible without money or looks

Anger and blame are justified

This can worsen loneliness, anxiety, depression, anger, and feelings of isolation.

Content may begin with:

- Dating advice
- Self-improvement
- Fitness content

But algorithms can slowly recommend:

- More extreme creators
- Misogynistic ideas
- Anger-based content

Subculture impact online

Warning Signs of Harmful Incel Content

Generalising all women negatively

Talking about women as property or objects

Encouraging hatred or revenge

Believing certain groups deserve less respect

Claims that violence is justified

Healthy Online Communities Usually:

- Respect differences
- Allow disagreement
- Encourage wellbeing
- Avoid hatred
- Promote balanced thinking

Real-World Example Patterns

Podcasts mocking women repeatedly

Comment sections encouraging hostility

Influencers promoting dominance and control

Forums blaming entire groups for personal struggles



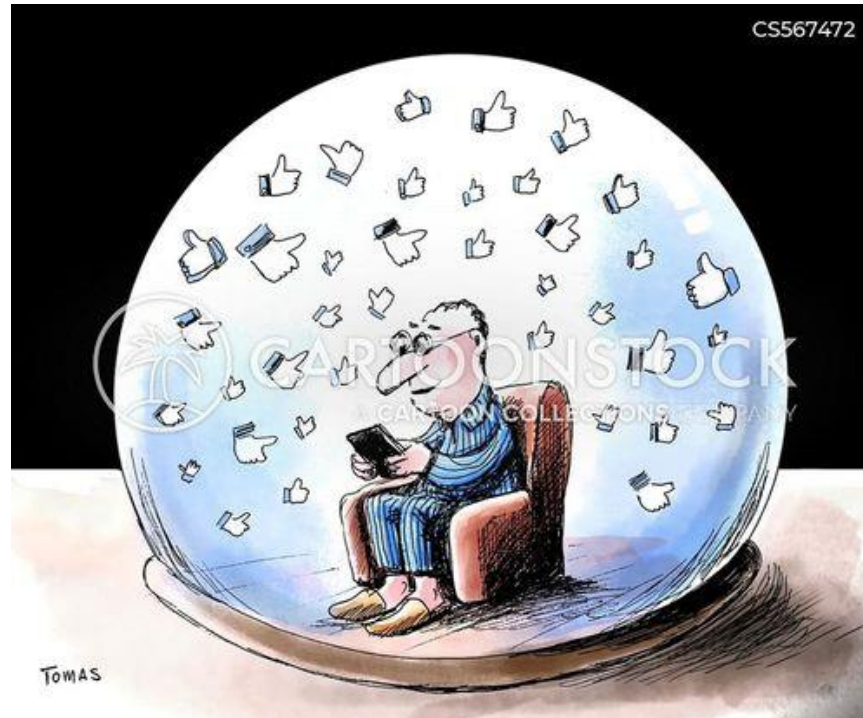
Subculture impact online

Echo Chambers & Algorithms

Echo Chamber: An online space where people mainly see opinions they already agree with.

Algorithms may repeatedly recommend similar videos, beliefs, or extreme versions of content.

They can also reduce critical thinking, increase anger or fear, make extreme beliefs feel normal, and isolate people from other viewpoints



If We Encounter Harmful Content We Should:

Question extreme claims

Avoid sharing hateful material

Curate feeds carefully

Speak to trusted adults if worried

Take breaks from toxic online spaces

Deepfakes, AI Manipulation & Online Harassment

A deepfake is AI-generated or AI-edited media that makes it appear someone said or did something they never actually said or did.

This may include:

- Manipulated photos
- Sexualised fake images
- Edited “joke” content
- Fake screenshots or messages

Creating or **sharing** fake explicit images of minors is extremely serious and may involve criminal offences, even if someone claims it was “just a joke.”

Deepfakes are becoming easier to make, more realistic, and faster to spread online.

This creates serious risks involving bullying, harassment, humiliation, misinformation, and reputation damage

Responding Safely

If we see a Deepfake we should:

- Avoid reposting it
- Avoid adding jokes/comments
- Report the content
- Support the targeted person
- Tell a trusted adult or professional

If we are a victim we should:

- Save evidence/screenshots
- Report the content/platform account
- Speak to trusted adults or safeguarding staff
- Avoid retaliating online



Pornography

Also in Safety1 session

Pornography often:

Exaggerates or distorts behaviour for views and profit

Presents unrealistic bodies, reactions, and expectations

May show aggressive, degrading, or one-sided dynamics as if they are normal

Rarely shows communication, consent, or emotional connection

Normalisation of the abnormal



What is shown is not a realistic model of healthy relationships:

It's scripted and edited

It focuses on performance, not mutual respect

It doesn't reflect real-life intimacy or care

Pornography

Also in Safety1 session

Impact on expectations and relationships

Exposure can influence how we think relationships “should” be:

Expecting partners to behave in unrealistic ways

Confusion about consent and boundaries

Believing pressure or persistence is normal

Viewing people as objects rather than individuals



Normalisation of the abnormal

Emotional and psychological risks

Feeling anxious, confused, or inadequate

Comparing themselves to unrealistic standards

Developing unhealthy attitudes towards sex or relationships

Difficulty forming genuine emotional connections

For some, it can become:

Habit-forming or difficult to stop

A way of coping with stress or loneliness (which doesn't address the root issue)

Headlines: In your books write two sentences to summarise the key information from our lesson.

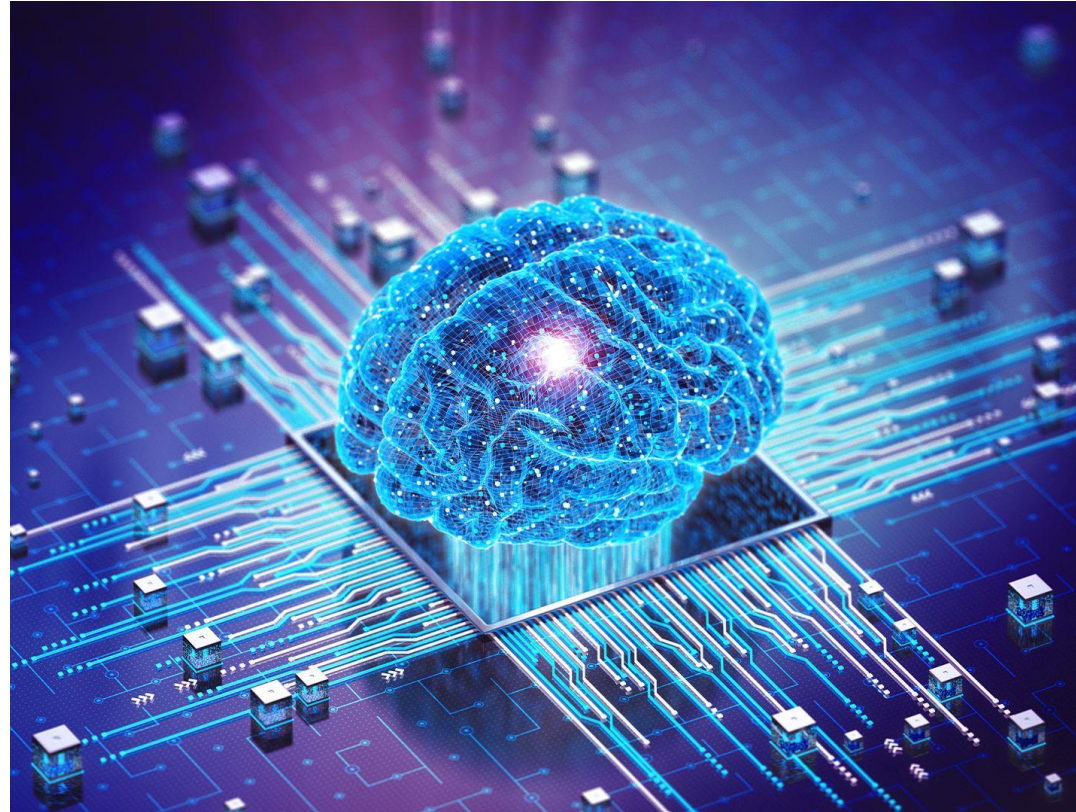
AI & Advancing Technology: Risks, Benefits & Harms

Artificial Intelligence (AI) is now built into many tools we use daily, including:

- Search engines
- Social media feeds
- Chatbots
- Photo/video editing apps
- Games
- School tools and revision platforms

AI can be helpful, but it also creates new risks around:

- Misinformation
- Privacy
- Manipulation
- Bias
- Mental health
- Safety online



Benefits of AI

- Learning & Education
- Creativity
- Accessibility
- Everyday Convenience

Risks of AI

- Misinformation & Deepfakes
- Disinformation at Scale
- Privacy Risks
- Bias
- Scams
- Online Safety Risks
- Academic Integrity
- Emotional and Mental Health Impacts

AI & Advancing Technology: Risks, Benefits & Harms

Be aware of manipulation

- Recognise fake images, voices, and videos
- Question shocking or emotional content

Protect privacy

- Avoid sharing personal or sensitive data
- Be careful with images or voice recordings

Think critically

- Ask: “Does this make sense?”
- Look for evidence

How to Spot AI-Generated or Fake Content

- Perfect but unnatural images
- Strange hands/faces in photos
- Robotic or overly generic language
- Videos with unnatural movement or voice sync issues
- Content with no reliable source

Safety Skills for Using AI

Check information

- Verify important facts from trusted sources
- Don't assume AI is always correct



Faith-Based Views on These Areas

Christianity

Teaches the importance of treating others with love and respect. The idea of “loving your neighbour” is often applied to online behaviour.

Cyberbullying, hate speech, and humiliation are seen as morally wrong because they harm others.

Warns against greed and addiction to money.

Encourages responsible use of resources.

Technology should be used responsibly and ethically.

Humans have responsibility to use knowledge wisely.

Islam

Strong focus on truth (avoid false rumours and assumptions). Believers are encouraged to verify information before sharing.

Gambling (maysir) is generally forbidden because it involves risk, addiction, and harm.

Emphasis on earning money fairly and avoiding chance-based gain.

Knowledge and innovation are valued, but must not cause harm or deception.

Honesty and justice must be maintained.

Headlines: In your books write two sentences to summarise the key information from our lesson.

Connect / Keyword: Now choose three keywords, either from your Headline or wider knowledge that summarise our topic clearly.

Citizenship Views on These Areas

Online Harm, Bullying & Abuse

Around **1 in 5 young people** in the UK report experiencing cyberbullying at some point. Most online bullying cases involve group chats or social media comments, not strangers.

Exposure to Harmful Content

Over half of teenagers report accidentally seeing violent or sexual content, hate speech, or disturbing videos.

Many say it appears via algorithm recommendations or shared posts in group chats

Online Gambling & Gaming Risks

In the UK, around **1 in 10 young people** aged 11–16 have spent money on gambling in some form.

Loot box-style mechanics are found in many top-grossing video games, especially sports and mobile games.

Studies show people who engage in loot boxes are more likely to develop gambling-like behaviours later

Misinformation & Fake News

Around **60%+ of teenagers** say they struggle to tell if online information is real or fake.

Scams, Fraud & Exploitation

UK fraud reports show over 40% of scams now originate online.

The rise of com groups <https://www.bbc.co.uk/news/articles/c5yrp5226zwo>