



2BeSafe Parent Information: Online Relationships

Introduction to 2BeSafe

At school, we help children learn how to stay safe in today's fast-changing digital world through 2BeSafe, a programme created by 2Simple on Purple Mash. Based on the national Education for a Connected World guidance, 2BeSafe covers eight key areas that prepare children for life online. From Reception to Year 6, children take part in short sessions across the year, giving them clear teaching points and time to reflect and discuss their digital choices.

Online Relationships

Children use technology to connect in many ways — from messaging and video calls to gaming and sharing pictures. This strand teaches them how online relationships can be positive but also bring risks. They learn about kindness, respect, consent, and safe communication with both friends and strangers.

As they move through school, children build skills to manage online friendships, think critically about communities, and understand the consequences of sharing content. By Year 6, they learn how to set boundaries, protect their digital reputation, and support others in staying safe online.

What the Children will be Learning:

Reception: Children begin to recognise simple ways the internet can be used to communicate. They think about how they already use technology to talk to people they know, such as sending a message or making a call.

Year 1: Children learn that they should ask permission before doing things online and understand why this is important. They practise communicating with people they know, with adult support, and begin to explore why it matters to be kind, considerate, and respectful to others online — even if people don't always find the same things funny or upsetting.

Year 2: Children start to understand that people may use technology to communicate with strangers, and why this can be risky. They learn about asking permission before sharing information, how to say “no” or “I’m not sure,” and why it’s important to respect other people’s choices. They are encouraged to always ask a trusted adult before agreeing to anything online and to seek help if something happens without their consent.

Year 3: Children explore how people with similar interests can meet online and think about the difference between “knowing” someone online and knowing them in real life. They learn that trusting someone online is not the same as liking them, and that it is okay to change their mind if they feel unsure. They also discuss the importance of permission when sharing things online, just as they would when sharing offline.

Year 4: Children learn strategies for enjoying online social environments safely, such as gaming or livestreaming. They practise recognising respectful and unhealthy behaviour, and they reflect on how content that seems unimportant to one person may hold real meaning or feelings for others.

Year 5: Children explore more forms of online communication, such as emojis, memes, and GIFs. They learn that while online communities can be positive, there are also people who may want to cause harm, and this is never the child’s fault. They consider how to collaborate positively online, how to support others, and when it is important to seek help from a trusted adult.

Year 6: In their final year, children think critically about the impact of sharing online, both positive and negative. They learn the importance of respecting boundaries when sharing about others and understand that even private sharing (such as screenshots) can have unintended consequences. They also discuss the risks of taking or sharing inappropriate or embarrassing images and learn how to get help if they or someone else feels worried.



Ways to Support Your Child at Home

- Talk about online friendships** – Ask your child who they enjoy talking to online and what they like about it. Encourage them to share both positive and negative experiences.
- Model kindness and respect** – Show how to communicate politely online and remind children that tone and humour can be misunderstood in messages.
- Reinforce permission and consent** – Practise asking before sharing photos, stories, or videos, and encourage children to do the same with friends and family.
- Discuss strangers online** – Explain that not everyone online is who they say they are and encourage your child to come to you if they're unsure or feel pressured.
- Encourage balance** – Help children set limits around gaming, messaging, or livestreaming so that online time doesn't take over.
- Talk about consequences of sharing** – Discuss how screenshots, reposts, or "private" messages can still be shared widely and may affect others' feelings or reputations.
- Know where to get help** – Reassure your child they can always talk to you or another trusted adult. Remind them that support is also available from school or services such as Childline.