



Lesson Plan 5 Online Safety

This lesson is normally delivered over two sessions. There is a lot to cover. I do the theory first then the practical part in the second week.

Lesson objectives	By the end of this online safety lesson, learners will develop awareness of online security risks, learn practical skills in creating strong passwords, understand and identify misinformation, gain an understanding of the role and potential threats associated with Artificial Intelligence, and acquire tools and knowledge to protect themselves against common online scams. Additionally, learners will be equipped with the skills to verify and block suspicious phone numbers, emails, and text messages.
Materials	Participants' smartphones or tablets Whiteboard/flip chart and markers Access to Safari/Google Workbook

Lesson 1 How strong are your passwords?

Understand the characteristics of strong passwords. Differentiate between strong and weak passwords.

Introduction	Explain the importance of using strong passwords. Briefly discuss the criteria for a strong password.
Exercise 1: Identify strong and weak passwords	Provide a list of example passwords using the workbook Ask learners to evaluate each password, putting a tick next to strong ones and an X next to weak ones. Discuss the results.

Samantha Haggart Digital Coordinator

Exercise 2	Demonstrate Password Monster website shows how long it takes to crack a weak password. Ask the group to find a password which takes the longest to crack. Do they need to change any passwords?

Lesson 2: Spotting Misinformation

Introduction	Ask what they already know about fake news/misinformation online. Do they know any examples? (Low vaccine take up on measles vaccine in some cases linked to fake stories)
Exercise 1: Discussion	Go through ways to spot fake information online and discuss as a group

Lesson 3: Artificial intelligence

Introduction	Discuss AI - does it worry them?
Exercise 1:	Discuss examples of AI from their worksheet. Discuss whether they have AI in their home.
Exercise 2:	Discuss the photos and their thoughts around fake photos. Do they question photos online?

Samantha Haggart Digital Coordinator

Leeds Older People's Forum is a registered company in England and Wales (#CE023712) and a registered charity (#1191030)

Lesson 4: Common Scams

Introduction	Discuss any examples of scams. Ask the group what are the most common scams. Ask if they know the difference between fraud and scam and explain.
Exercise 1:	Go through the worksheet. Pull out the main ones to discuss. The rest they can read at home.
Exercise 2:	Discuss the photos and their thoughts around fake photos. Do they question photos online?
Exercise 3:	Demonstrate the 'Who called me?' website and see if they have any numbers on their phones which they want to check.

Week 2

Lesson 4: Protecting yourself

Introduction	Recap week 1. Spend time going over what they learnt last week. What can they remember? Has it made them think or take any action?
Exercise 1: Block messages	How to block scam emails and text messages. Show them how to do this. Every phone is different so encourage them to write the steps down for their phone in their workbook, if different from the instructions.
Exercise 2: Update phones	Update phones and Apps. Explain the importance of updating their phones when asked to protect against viruses and get them all to check that their phone is up to date. No instructions on this as every phone varies. They can write notes on the handout if needed. You can also if needed. find instructions on line for their phone.

Samantha Haggart Digital Coordinator

Leeds Older People's Forum is a registered company in England and Wales (#CE023712) and a registered charity (#1191030)

Closure Recap key points learned and encourage exploration and practice at home

Questions to check knowledge:

Online Scams:

What is an online scam, and why should you be cautious?

How can you identify if an email or message is likely to be a scam?

Why is it important not to share personal information with unknown websites or individuals online?

Misinformation:

What is misinformation, and how can it affect you online?

How can you fact-check information you find online to ensure it's reliable?

Why is it important to question and verify information before sharing it with others?

Blocking Emails, Texts, and Phone Numbers:

Why might you want to block emails or messages from unknown senders?

How do you block unwanted emails or texts on your device?

What are the potential benefits of blocking phone numbers from unknown or suspicious callers?

Samantha Haggart Digital Coordinator

Leeds Older People's Forum is a registered company in England and Wales (#CE023712) and a registered charity (#1191030)

Reflection notes for next time

Consider what went well and how long each exercise took . Would you add anything next time or take anything out. What questions did you receive? How confident are you that they have learnt the subject and do they need more practice.

Samantha Haggart Digital Coordinator

Leeds Older People's Forum is a registered company in England and Wales (#CE023712) and a registered charity (#1191030)