



## 2BeSafe Parent Information: Self Image and Identity

### 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. Children will take part in short sessions across the year, giving them clear teaching points and time to reflect and discuss their digital choices.

### Self Image and Identify

This theme helps children explore how their sense of who they are can be shaped by both the offline and online world.

They learn that people often present themselves differently online, for example by sharing only highlights or using filters, and how media can promote stereotypes about how boys and girls "should" look or behave.

Children are encouraged to think critically about what they see, recognise when content is unrealistic or unhelpful, and develop strategies for maintaining a positive self-image. They also learn the importance of kindness and respect online, and where to get help if they feel pressured or upset.

## What the Children will be Learning:

**Reception:** Children begin by learning that they have the right to say no if something makes them feel sad, uncomfortable, or upset. They practise simple ways of telling someone to stop and learn that it's always okay to ask for help from an adult.

**Year 1:** Children start to recognise that, just like in real life, there may be people online who could upset or embarrass them. They learn when and how to tell a trusted adult if something worries them and understand that adults can help keep them safe.

**Year 2:** Children begin to notice that people may look or behave differently online than they do in person. They talk about situations online that might feel worrying or upsetting and learn clear steps they can take to ask for help.



## Ways to Support Your Child at Home

- **Talk about what they see online** – Remind them that not everything is real or the full story.
- **Challenge stereotypes** – Discuss adverts, films, or posts that suggest boys or girls “should” look or act a certain way.
- **Encourage positive self-expression** – Praise effort, kindness, and interests, not just appearance.
- **Be a role model** – Show healthy online habits and speak positively about yourself and others.
- **Know where to go for help** – Reassure your child they can talk to you, their teacher, or use trusted services like Childline.