

Knowledge Organiser

Summer 1 – Year 9 digital literacy

Key term	Definition
Body Image	How you see and feel about your own body, including your thoughts, beliefs, and attitudes.
Influencer	A person on social media with a large following who can affect what others think, buy, or do.
Online Pornography	Sexually explicit content found on the internet. It often gives a false or harmful view of relationships and bodies.
Consent	Giving clear permission for something to happen. In relationships, it means agreeing to something freely and respectfully.
Sexting	Sending or receiving sexual messages, images, or videos, often through phones or social media.
Peer Pressure	Feeling pushed to do something by people your age, even if you're not comfortable with it.
Catfishing	Pretending to be someone else

Pornography and the laws in the UK

- The legal age to buy pornographic material is 18.
- Under 18's who film or take sexual pictures of themselves or others can be charged with child pornography offences which can lead to prison sentences of up to 10 years. Even if all involved agreed.
- It is illegal to watch pornography with an under 18, this is considered abuse.
- It is illegal to make and/or distribute pornographic photographs or films without all participants up to 2 years in prison.

Ways to promote positive body image

- Accept Your Body.
- Remember Nobody's perfect.
- Don't body-shame yourself.
- Build a better habits.
- Like Your Body - Find things to like about your looks.
- Take Care of Your Body
- Eat healthy foods.
- Get a good nights sleep.
- Be active every day.
- Keep to a healthy weight

Factors affecting body image

- Puberty and the changing body
- The Media
- Peers and family

Age Restrictions On Social Media



Tips for staying safe on social media

1. Use a strong password. Use a different password for each of your social media accounts.
2. If you have social media apps on your phone, be sure to password protect your device.
3. Be selective with friend requests. If you don't know the person, don't accept their request.
4. Click links with caution. Social media accounts are regularly hacked.
5. Be careful about what you share. Don't reveal sensitive personal information ie: home address etc.
6. Become familiar with the privacy policies of the social media channels you
7. Remember to log off when you're done.
8. Report any inappropriate behaviour to the site