



National Online Safety units (NOS)

Unit 1: Online Safety

 Spot risks

 Get help

 Make smart choices

Unit 2: Cyberbullying & Online Behaviour

 Block & report

 Support others

 Be respectful

Unit 3: Privacy, Data & Passwords

 Strong passwords

 Digital footprints

 Smart sharing

Unit 4: Social Media & Messaging

 Age limits

 Privacy settings

 Managing pressure

Unit 5: Online Gaming & Live Streaming

 Chat safely

 In-game spending

 Screen balance

Unit 6: Mental Health & Wellbeing Online

 Positive habits

 Spot harmful content

 Ask for help

Unit 7: Fake News, Scams & Critical Thinking

 Spot fake news

 Avoid scams

 Check sources

Unit 8: Safeguarding & Reporting

 Notice concerns

 Record clearly

Work together

Why National Online Safety units?

 Bite-sized units •  Up-to-date content •  Easy to embed into PSHE & Computing time

 Empowering staff and helping pupils become confident, kind and critical digital citizens