

What is Personal Information?

40 minutes

Cyber Safety

WHAT THIS LESSON DOES

In this lesson, you will learn what personal information is and why it matters for your safety online. Explore examples like your name and address, discover risks of sharing it, and practise protection tips through activities and scenarios. Build habits like STOP-THINK-CHECK to stay secure.

WHAT STUDENTS SHOULD BE ABLE TO DO

- Define personal information and identify common examples.
- Understand the importance of protecting personal information for online safety.
- Recognise risks associated with sharing personal information online.
- Apply safety rules and strategies to safeguard personal information.
- Develop habits for reflecting on and improving personal online safety practices.

BEFORE THE LESSON

- Open and test the lesson on your device and check the school filter is not blocking any part of it.
- Devices ready one per pupil or per pair for the scenarios interactive; sound is not essential as this lesson is text-based.
- Have a couple of your own neutral examples ready of details that are safe to share versus private, to model the difference.

What is Personal Information?

HOW THE LESSON RUNS

Introduction

Examples of Personal Information

Why Personal Information is Important

Personal Information and the Internet

How to Protect Your Personal Information

Scenarios

Reflection

TEACHING MOVES

- 1. Introduction. Draw out a shared definition before reading it aloud. Ask pupils what counts as information about them, then land the secret-code idea so private means not-for-strangers, not never-shared.
- 2. Examples of Personal Information. Turn each example into a quick sorting question: full name, home address, school, birthday. Ask why each one could tell a stranger who or where they are.
- 3. Why Personal Information is Important. Stress the key nuance: trusted adults sometimes need these details for safe reasons like school forms. Private does not mean secret from family and teachers.
- 4. Personal Information and the Internet. Make the online difference concrete. In the yard you see who you talk to; online a name or photo can be fake. Land the idea that posts spread and cannot be unshared.
- 5. How to Protect Your Personal Information. Rehearse STOP-THINK-CHECK aloud as a class chant so it becomes a habit. Ask pupils to name who counts as someone they trust in real life.
- 6. Scenarios. Let pupils choose an answer before revealing feedback, then ask them to say why the safe choice is safe. The reasoning matters more than the click.
- 7. Reflection. Keep this spoken. Read the questions aloud and give thinking time. Reassure pupils there are no perfect answers and nobody has to share aloud.

WHAT TO WATCH FOR

- Pupils think personal information is a total secret and are confused about why school forms or a doctor need it. Clarify the difference between trusted adults who need details for a safe reason and strangers online. Private means shared carefully, not never.
- Pupils believe someone online who seems friendly and says they are a child must be telling the truth. Return to the fake-name and fake-photo point. Being nice in a chat is not proof of who someone is; keep private details private regardless.
- Pupils assume a deleted post is gone for good. Explain that others can screenshot or copy a post before it is deleted, so the safest step is to pause before posting rather than to fix it after.

DIFFERENTIATION

- Emerging: Pair with a partner for the scenarios so reading is shared and decisions are talked through aloud.
- Developing: Ask them to explain each scenario choice back to you in their own words before moving on.
- Proficient: Ask them to write their own tricky scenario where someone is asked for personal information, then decide the safe response.