

ONLINE SAFETY WORKSHOPS

Developing digital resilience &
critical thinking in students





Social Media Resilience A Critical Framework

What We Do

AN OVERVIEW

The Social Media Resilience® (SMR) Curriculum is a programme of school-based workshops that develops students' resilience & critical judgement when navigating online life.

Each module brings together multiple statutory topics into a single, clearly bounded learning experience, addressing key areas of online wellbeing including safety, relationships, responsibility, and decision-making in social media spaces.

Schools receive:

- Learning plan
- Slide deck (copyrighted)
- Core framework & worksheets
- Tutor A4 workshop overview
- Form group follow-up discussion plans

"The talk was exceptionally clear and well-structured, providing a detailed exploration of students' social media habits, the potential consequences of online behaviour, and practical strategies for staying safe online."

Head of PSHE, Halliford School

Delivery Assurance

SAFE, STRUCTURED, ACCESSIBLE

Each module is curriculum-aligned and supports existing PSHE, RSHE, and safeguarding provision.

Content is:

- Key stage aligned across KS2, KS3, KS4 and KS5
- Suitable for mixed learning profiles and learning needs
- Framed using age-appropriate, non-graphic, non-partisan language
- Delivered using consistent language and frameworks, supporting whole-school coherence in sequenced deliveries

Sessions are suitable for whole year groups, and works best in a large classroom settings with tables, where students can engage collaboratively in structured group tasks.

SMR facilitators are experienced in managing group dynamics and navigating sensitive topics, ensuring sessions remain focused, contained and supported by appropriately signposting in line with the school's existing safeguarding structures.

WHAT SCHOOLS CAN EVIDENCE

During workshops, we use brief, anonymous measures to capture learning and confidence. This allows schools to evidence impact without increasing administrative burden.

Results are summarised in a post-workshop report alongside a list of topics covered and statutory areas address, providing schools with a clear record of engagement and learning outcomes.

TEACHER TRAINING

SMR offers modular and INSET day training for staff, aligned with current government policy and statutory requirements. Contact us to request the Teacher CPD Information Pack.

Curriculum Overview

Modules can be delivered flexibly, allowing schools to sequence sessions based on need while maintaining consistency of language & approach.

KEY STAGE ALIGNMENT

KS2 (7–11): Builds early awareness of digital behaviour and emotions, focusing on kindness, peer interaction, simple boundaries, and knowing when to seek support.

KS3 (11–14): Introduces core concepts of online safety, boundaries, consent, and emotional regulation, with emphasis on recognising risk and navigating peer dynamics.

KS4 (14–16): Greater focus on decision-making under pressure, identity, influence, sharing, and emerging online risks.

KS5 (16–18): Supports independent reasoning around digital influence, media, and AI-mediated environments, preparing students for post-school digital life.

Curriculum

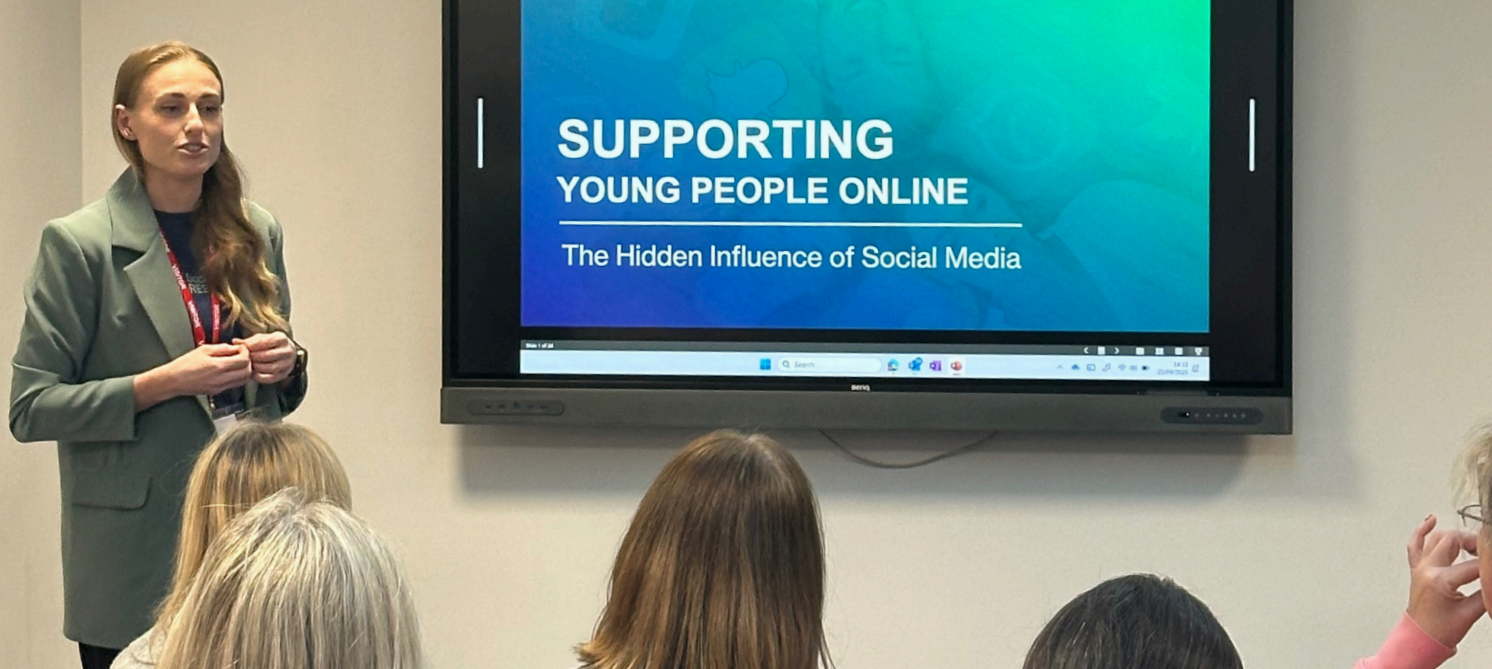
CRITICAL THINKING & DIGITAL REASONING

Our critical thinking curriculum aligns with statutory expectations (2026–27) and wider government priorities. It is for schools seeking to strengthen students' reasoning and evaluative skills tackling harmful ideologies and fake news.

Module	Purpose	Topics Covered
Understanding Influence and Persuasion Online	Recognising influence and pressure	Critical engagement, navigating online ideologies
Misinformation, Manipulation and Trust	Evaluating information sources	Misinformation, deepfakes, manipulation
AI, Algorithms and Digital Mediation	Understanding AI-driven environments	False information, deepfakes and manipulation
Narratives, Norms and Online Cultures	Analysing beliefs and online norms, including gender	Healthy relationships, misogyny, online narratives
Identity, Voice and Participation Online	Reasoning about identity and expression	Online identity, self-presentation and voice
Reasoning in Digital Public Spaces	Civic reasoning and participation	Online discourse, evaluating claims, public debate

"The Social Media Resilience workshop was incredibly insightful. It taught me how to navigate online spaces with confidence, authenticity, and respect. I learned valuable strategies to handle negativity and promote positive change through social media. The session empowered me to use my voice responsibly and stand as a force for good."

Student Ambassador, The Duke of Edinburgh Award



Family Support

DIGITAL WELLBEING BEYOND SCHOOL

Our parent workshops support families to understand social media, online risk, and digital wellbeing, using the same evidence-informed approach as the student curriculum.

Often delivered as dual provision, parent workshops can follow student sessions to reinforce shared language and expectations across school and home, supporting a consistent and confident whole-school approach to digital wellbeing.

Sessions:

- Mirror the structure and language used in student sessions
- Provide clear, practical guidance grounded in current research
- Help parents understand the digital environments young people are navigating
- Support constructive conversations and improved digital wellbeing at home

"Having a neurodiverse 16 year old daughter, who lives for the dopamine rush; today I learnt that the dopamine rush created by smartphone scrolling takes 2 weeks to disperse and tips to challenge use - thank you."

Parent Workshop Participant



Pricing & Booking

WORKSHOP PRICING

Please contact us for more details on our workshops and the right fit for your school.

Discounted rates are available for:

- Sequenced workshop bookings (planned series across year group or terms)
- Dual-day delivery (multiple year groups delivered within the same visit)

BOOKING

Please get in touch for further information and to discuss booking.

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FIND US AT

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