Relationships - Digital Wellbeing

About the Topic

This unit of learning is designed to encourage children to consider how we can use the Internet in a safe and responsible way. Children will discuss how the Internet can be useful in our everyday lives and how we can balance time online with doing other activities to keep our mind and body healthy. Children will consider what risks there are online and how we can make sure we stay safe, including how important it is to not share any personal information over the Internet. This unit will also explore the importance of communicating online in a way that shows kindness and respect and discuss whether or not we can believe everything we see on the Internet.

Home Learning

My Digital Wellbeing Game: In this activity, children get the chance to design and make their own board game to play at home with their family. Using what they have learnt, they can use the board game template and cards to give instructions and help family members learn about safe and responsible Internet use.

My Internet Diary: In this activity, children can create a diary of when they use the Internet across one week. They can record in pictures or sentences what device they used and what it was used for.

Wider Learning:

As a class, children could create a diary of when they use the Internet in class. This could be discussed to see if there are any patterns or reasons for the ways we use the Internet. They could also create a diary of what other activities they do at home, helping them to check they have a balance of activities for a healthy body and mind.

Assessment Statements

All children should be able to...

• identify ways we use the Internet;

• talk about different activities they like to do both online and offline;

• discuss some of the risks that are present when we go online;

• explain how to get help if anything online frightens them;

• give examples of personal information and understand that we keep it private;

• talk about ways people communicate online and explain what to do if something they see worries them;

• understand that not everything we see on the Internet is true.

Most children will be able to...

• talk about what we use the Internet for and how it helps;

• discuss some effects of too much screen time;

• tell other people about Internet-safety rules;

• explain how to keep personal information private online;

• understand that people may behave differently online and explain what to do if something worries them;

• discuss examples of false information they may see online.

Some children will be able to...

• understand the importance of using the Internet safely and responsibly;

• explain how a range of activities can help create a healthy balance for their body and mind;

• explain how Internet-safety rules keep us safe online;

• discuss why we need to keep personal information private online;

• talk about how to communicate online in a kind and respectful way;

• suggest ways to find out if something they see online is true or false.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.