

Digital Wellbeing



Curriculum links:

- Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.

Key Knowledge:

- Recognise ways in which the internet can be used to communicate.
- Understand that there may be people online that could make me feel sad, embarrassed or upset.
- Give examples of when and how to speak to adults I trust if something makes me frightened, sad, worried or uncomfortable.
- Describe how to behave online in ways that do not upset others.
- Explain rules to keep myself safe when using technology.
- Explain that passwords are used to protect information, accounts and devices.
- Recognise more detailed examples of information that is personal to someone (e.g where someone lives and goes to school, family names).
- Explain why it is important to always ask a trusted adult before sharing any personal information online, belonging to myself or others .

Possible programs/ websites:

- Internet Matters
- NSPCC
- Childnet
- National Online Safety

We should already know:

- The internet can be used to communicate.
- We can find information on the internet.
- People can be unkind online.
- Identify devices that can access the internet.
- Give simple examples of personal information.

Key Vocabulary:

Communicate	The sending and receiving of a message.
Consent	Giving someone a choice about actions and respecting their answer.
Internet	A network, or system that connects millions of computers worldwide.
Offline	It is not connected to the internet.
Online	Connected to or reached through a computer or computer network.
Personal Information	Information that is private and relates to an individual.
Private	Something that you do not want to share with others. E.g. address, tel-
Rules	Guidelines for how to behave and keep safe.