

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 oth-

Possible programs/websites: We should already know:

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| <ul style="list-style-type: none"> • Internet Matters • NSPCC • Childnet • National Online Safety | <ul style="list-style-type: none"> • 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. |
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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, telephone number.
Rules	Guidelines for how to behave and keep safe.