Relationships | Digital Wellbeing

Key Knowledge

My Internet Use

The Internet can help us in many ways. It can help us find information, communicate with others, do things we enjoy and control other things around our home like some stereos. It is important we use the Internet access we have in a safe and responsible way and balance the time we spend online with lots of fun activities offline as well.

Balancing Online and Offline Activities

It is important to try to balance the time we spend on the **Internet** and the time we spend away from a screen. This way we can have a healthy mixture of activities in our day, enjoying the **Internet** for different uses and getting lots of fresh air and time with family and friends.



Key Vocabulary

Internet A system that enables **computers**

and other devices to send each other information. We can use devices to find and share information on the Internet, communicate with others, watch videos

and listen to music.

device An electronic item which accesses

the Internet.

television An electronic device we use to watch

programmes.

laptop A portable **computer**.

tablet A touch sensitive device which can access

the Internet.

computer A **device** which can access the **Internet**.

smartwatch A watch which can access the **Internet**.

smartphone A mobile phone which can access

the Internet.

account Personalised access to a **website** or

app which you need a login name and

password to use.

communicate Talking to others and expressing ourselves.

online Activities we do when we use the **Internet**.

twinkl

Staying Safe Online

There are lots of things we can do to help us to stay safe on the **Internet**. We can:

- choose age-appropriate apps and games with a trusted adult;
- respect age restrictions and make sure we only access websites that are appropriate for our age;
- avoid clicking links that appear on-screen;
- tell a trusted adult straight away if someone we don't know tries to talk to us;
- tell a trusted adult if anything online makes us uncomfortable and worried;
- treat people online with kindness and respect;
- balance our online and offline activities.

Kindness and Respect Online

It is important to show kindness and respect to others online and consider how our comments or reactions might make them feel.





offline Activities we do when we are not using

the **Internet**.

personal information

Information that is about us.

app Short for 'application'. An application for a

computer or mobile phone. This might be

a game or a link to a website.

website Information on the Internet from an

organisation or group.

Personal Information

This is information that is special because it is about us. **Personal information** includes:

• our full name;

• our date of birth;

our address;

- our phone number and email;
- our school name;
- bank account details.

It is very important that we don't share personal information with people we don't know. This helps to keep us safe online.



Trusting the Internet

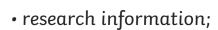
The **Internet** isn't owned by anyone and people can write whatever they want. When we read information online, it is important that we use a trusted source or check a few websites we feel confident that we can rely on.



Key Learning Point: Benefits of the **Internet**: The **Internet** can help us in many ways. We can:

find information;

· video call people far away; send messages;



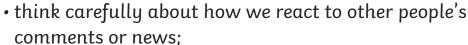
• play games.



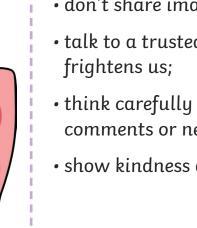


It is important that we use the **Internet** safely and responsibly. This means:

- use age-appropriate websites and games;
- talk to a trusted adult and agree what websites and apps can be used;
- keep all personal information private;
- don't share images;
- talk to a trusted adult if anything worries or



• show kindness and respect in our **communication online**.



To look at all the planning resources linked to the KS1 TEAM planning, click here