Relationships | Digital Wellbeing

Key Knowledge

Positive and Negative Effects of the Internet

There are lots of exciting ways the **Internet** can help us. This might include learning, communicating with friends and family, shopping, listening to music or stories, finding information or gaming. When we use the **Internet** we may find it makes us feel comfortable or uncomfortable emotions. We might feel comfortable emotions if we enjoy learning **online**, connecting with family and friends, finding information we need or we do well at the game we are playing. However, our **online** activities may cause uncomfortable emotions if someone uses unkind words or excludes us from online chat. We may also feel uncomfortable emotions if we use screens near bedtime so our sleep gets disturbed, if we see a picture or video that is unsuitable or if too much information gets shared. It is important to balance our **online** and **offline** activities to support our mental health and wellbeing.

Effects of Cyberbullying

Cyberbullying is very upsetting. It might cause the person suffering it to avoid doing things, change their **behaviour**, feel uncomfortable emotions that may last a very long time, lose confidence and affect their self-esteem. If you experience **cyberbullying** or if you see it happening it is very important to report it. Always speak to a trusted adult about how you feel and what is happening. There are organisations that can help as well. It is very important to make sure we communicate with kindness and **respect online**, so people feel valued and cared for.

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.

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

social media: **Websites** and applications where people can share images, comments and join **online** communities.

personal information: Information that is about us. It can include our full name, our date of birth, our address, our telephone number and the name of our school. For adults this also includes their bank details and place of work.

communication: Ways of sharing our views with others, including talking and writing messages.

respect: A way of treating or thinking about someone that shows they are important and they are valued.

offline: Activities we do when we are not using the **Internet**.

behaviour: Our actions. The way we behave.

website: An information page on the **Internet** from an organisation or group.

apps: Short for 'application'. An application for a computer or mobile phone. This might be a game, provide a service or a link to a **website** or other device.

bullying: Doing something repeatedly to hurt someone's body or feelings on purpose.

cyberbullying: **Bullying** that takes place **online**. This may be name-calling, harassment, tricking, **trolling** or excluding others.

Online Relationships

Some people enjoy using the **Internet** to communicate with others. This may be to strengthen positive relationships with family and friends whom we know well but live a long way away. Sometimes, we may have the opportunity to communicate with people who we don't know. If we don't know people, they are strangers. We must remember that people can pretend to be someone else **online**. People may try to trick us by telling us a different name, age or community they are from. It is therefore important not to share any **personal information online**. If any **communication online** makes you worry, it is very important that we tell a trusted adult straight away. To do this, it is helpful if we use our **device** in the same room as a trusted adult so we can get help easily if we need to.

trolling	Posting information **online** that will upset someone or cause them problems.
harassment	Sending constant harmful or threatening messages to someone.
device	An electronic item which accesses the **Internet**.
reliability	Understanding how much we can trust someone or something.
rules	Instructions we need to follow to stay safe.
cookies	Technology used to track **Internet** activity.

Internet Reliability

With so many people having access to the **Internet** it is very easy to find out information. It is also very easy to share information, whether this is true or not. If we see information **online** and we are unsure whether or not it is true, it is very important to check with a reliable source. This may also be **online** or this may be **offline**, such as a book, newspaper or trusted adult. To find out how reliable a **website** is, we can look at who wrote it to see if it is an organisation that we can trust. We can look to see if there are contact details displayed on the **website**, make ourselves aware of any opinions that are being shared, and look at when it was updated and whether it refers to other sources we think are reliable and consider whether it says the same as other sources we trust.

Oh, no!

TWINKL E-MAIL

WARNING!!!: E-mail Virus Detected!

Muahahahaha!

Keeping Personal Information Private

Personal information can be used to identify us so people know exactly who we are. It is very important to keep our personal information, including passwords and passcodes, private and not share it online. The Internet can also use information that it has about our likes and interests to show us more of what we will enjoy. It is important to be aware of this when we look at advertisements online or when we see websites suggested for us with opinions shared. If anyone wants to share an image or video containing other people, they should check with everyone involved first to find out whether or not they are happy for it to be shared. If we want to share a comment, it is important to think about whether the comment is true, helpful and how it may make others feel. If you are at all worried about something that has been shared online, it is important to speak to a trusted adult straight away.

Digital Wellness

This means being aware of how technology makes us feel and doing all we can to stay safe and happy online. There are many ways we can help to protect our digital wellness. We can respect the age-restrictions in place on websites, videos, apps or games, think carefully about sharing comments, images or opinions and do what we feel is right, rather than feeling pressured by trends, messages or social media. It is also important to make sure we have a balance of online and offline activities and speak to a trusted adult about anything that makes us feel uncomfortable.

Key Learning Point:

Safe, Responsible Internet Use: There are many benefits of using the Internet. When we go online, it is important to keep in mind all the ways we use the Internet safely and responsibly. This helps to protect the mental health and wellbeing of ourselves and others. We can:

• respect age-restrictions on sites and apps we use;

• keep personal information private;

• respect the privacy and opinions of others;

• communicate with kindness;

• speak to a trusted adult straight away if anything worries us;

• enjoy lots of offline screen-free activities as well, such as time outside, crafts, time with family and friends and games;

• think carefully about sharing or forwarding anything online.
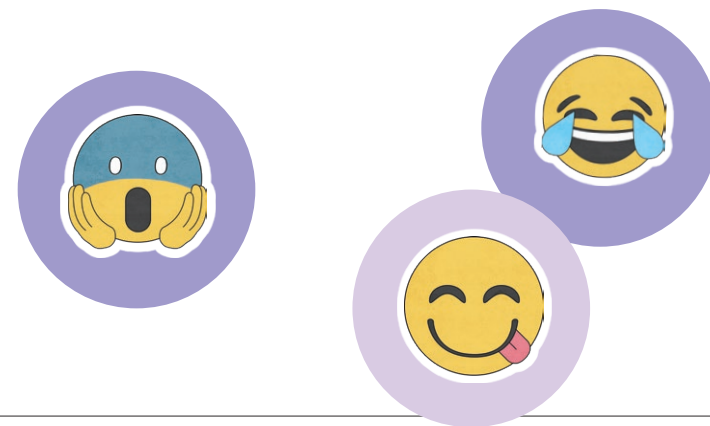
To look at all the planning resources linked to the LKS2 Digital Wellbeing unit, click here