

Relationships | Digital Wellbeing

Key Knowledge

Using the Internet

There are many ways we can use the Internet. By understanding how using our devices affects our feelings, thoughts and behaviour, we can develop positive **digital wellbeing**. This means we can understand how we can use the Internet safely and responsibly in a way that works for us and protects our **digital wellbeing** and that of others as well. We can do this by keeping **personal information** private, not sharing photographs, using apps, games and videos that are appropriate for our age and that we have agreed with a trusted adult and by speaking to a trusted adult if anything worries us.

Risks of Using the Internet

While there are many benefits the Internet can bring from safe, responsible use, there are also risks people need to be aware of. These include **bullying**, **fake news**, **data** sharing, **inappropriate** content, **inappropriate** relationships and worry or pressure that may be felt. By understanding these risks, we can learn how to manage and avoid them and use the Internet safely and responsibly. If we are worried by anything we have seen or feel that something isn't right, it is very important to talk to a trusted adult and get help. It may be necessary to record what has happened or what worries you, report problems to the site provider, or tell the police.



Key Vocabulary

digital wellbeing:

The way we interact with digital technology and look after ourselves and others as we use it.

respect:

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

communication:

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

fake news:

Untrue information presented as news.

bullying:

Behaviour intended to hurt or upset someone. There are many different types of bullying.

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.

data:

Information collected for analysis or reference.

digital citizenship:

Behaving in a way that is respectful of ourselves and others in the digital communities we belong to.

social media:

Websites and applications where people can share images and comments and join online communities.

inappropriate:

Not suitable for the situation or person.

reliable:

Whether or not someone or something can be trusted.

reputable:

Something or someone that is **respected** and has a good reputation.

Online Relationships

There are many ways the Internet can help us to nurture and strengthen our relationships. This may be by video calling family members far away, messaging friends and emailing people we care about. It is important to remember that we should communicate online with the same **respect** we show people in person, and should expect this from others as well. Respectful online relationships show kindness and **respect**, **respect** privacy and personal boundaries, consider each other's feelings, **respect** people for who they are, show trust and don't pressure each other to do things they are not comfortable with.

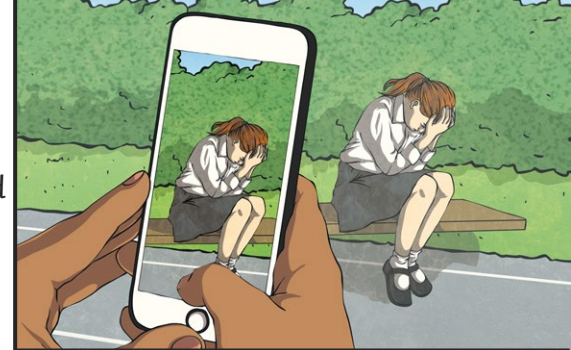


Using Social Media

Social media platforms offer benefits when used safely and responsibly, but can also provide risks. Some benefits include offering the opportunity to connect with people and avoid feelings of isolation, the ability to share ideas about things of interest, engaging with the wider world and exploring new topics, cultures and events. If we choose to use social media, it is important we do this safely and responsibly to avoid risks. These risks include disconnecting with the world around us if too much time is spent online, exposure to cyberbullying, exposure to **inappropriate** content and seeing or experiencing communication that does not **respect** the boundaries of others. To manage these risks, we can **respect** age restrictions, use privacy settings, show kindness online, never share information or pictures we wouldn't want lots of people to see, balance time online with offline activities and always tell a trusted adult if anything worries or upsets us.

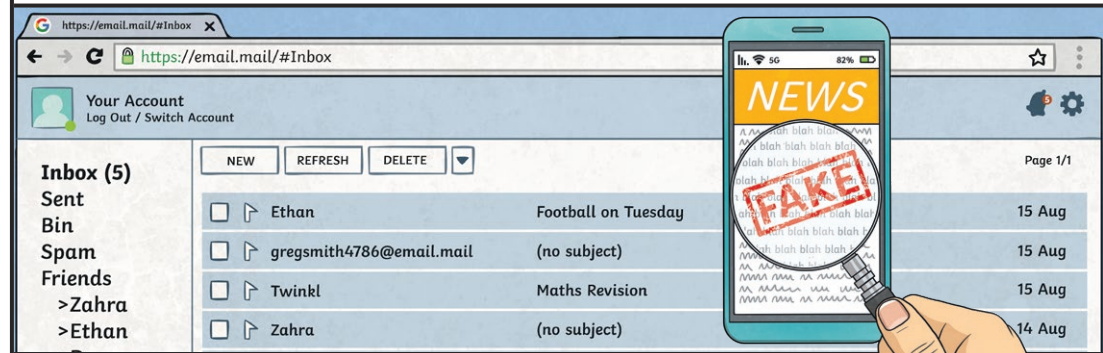
Online Bullying

Bullying behaviours online are called cyberbullying. This can come in many different forms and includes harassment, flaming, trolling, excluding others, outing, impersonation, denigration and cyberstalking. All of these behaviours have harmful and damaging effects on people involved and are unacceptable. It is important that we show kindness and **respect** in all **communication** online and report any **bullying** behaviour we experience or see. We can do this by talking to a trusted adult, recording what has happened, reporting it to the provider or, if necessary, telling the police.



Internet Reliability

There is lots of information on the Internet. Some of this information may not be true, so it can help us to protect the **digital wellbeing** of everyone if we are able to tell what is **reliable** and what isn't. We can check how **reliable** Internet sites are by looking for the padlock symbol on the address bar, checking that websites end in .co.uk or .com, checking the publication date to see how recently it was written, using secure sites (these are ones where the URLs start with https), checking what we've read with a trusted adult and other offline **reliable** sources and using **reputable** websites we feel we can trust.



Key Learning Point

Staying Digitally Well

To help ourselves and others develop positive **digital wellbeing**, we can look after ourselves when using our devices and understand how to use the Internet in a safe and responsible way. We can:

- **limit our screen time;**
- **get a balance of online and offline activities;**
- **treat people with kindness and **respect** online;**
- **only use games, apps or videos that are appropriate for our age;**
- **talk to a trusted adult if anything we see worries or frightens us;**
- **be honest and open about what we are doing;**
- **learn to know when our bodies and minds have had too much screen time.**



To look at all the planning resources linked to the **UKS2 Digital Wellbeing** unit [click here](#)