Relationships - Digital Wellbeing

PSHE and Citizenship | UKS2 | Planning Overview

About the Topic

This unit is inspired by the idea that it is important to understand and have digital wellbeing. Children will consider ways they can use the Internet positively and how they can look after their wellbeing while being online. Children will learn about potential risks of being online and when using digital technologies as well as strategies to stay safe and to get help. They will also learn about online relationships and what a respectful and healthy online relationship looks like, as well as signs of an inappropriate online relationship and ways to get help. The benefits and risk of social media will also be explored, as well as how social media can be used responsibly. Children will also learn how to recognise what online bullying looks like and how to help make it stop. Finally, the concept of 'fake news' will be explored with children learning how to be able to tell if something online is reliable or not and what they can do to stop the spreading of unreliable information.

Home Learning

My Digital Wellbeing Plan: In this home learning activity, children think about the different ways they use digital technology and track this over two days. They use the plan to map out how they could support their digital wellbeing.

Digitally Ready: In this home learning activity, children use a method of their choice to show that they are digitally ready. This includes ways to handle tricky situations, what to do if they see something upsetting and how to behave responsibly towards others.

Wider Learning:

Why not arrange a 'Digital Wellbeing' day at school which focuses on ensuring everyone within the school community understands ways in which they can enhance and protect their digital wellbeing?

Assessment Statements

- All children should be able to…

- identify the benefits and risks of the Internet;

- understand it is important to look after their digital wellbeing;

- recognise the signs of inappropriate and harmful online relationships;

- identify the benefits and risks of social media;

- understand that online bullying is wrong and what to do to get help to make it stop;

- explain that not all online information is true.

Most children will be able to…

- explain how they can look after their digital wellbeing;

- discuss how to stay safe, healthy and happy online and when they use digital technology;

- explain how to develop safe, respectful and healthy online relationships;

- understand how to use social media responsibly;

- identify online bullying behaviours and talk about what they can do to help themselves and others if it is seen or experienced;

- describe strategies they can use to assess the reliability of online information and images.

Some children will be able to…

- support others in looking after their digital wellbeing;

- explain how time spent online affects their wellbeing;

- describe how responsible social media use helps protects the wellbeing and rights of people;

- encourage others to say no to online bullying;

- reflect on actions they are going to take to help stop the spread of fake news.