Relationships - Digital Wellbeing

PSHE and Citizenship | LKS2 | 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 what we use the Internet for and the benefits and risks of online activities. Children will learn about screentime and getting a healthy balance between online and offline activities. They will learn about online relationships, including cyberbullying and online stranger danger. Privacy issues will be explored in terms of passwords, personal information and the sharing or forwarding of images and videos. Children will also learn about pressures and challenges that are often associated with social media.

Home Learning:

My Digital Wellbeing: In this home learning activity, children reflect on the positive and negative impacts of the technology in their lives and consider ways in which technology impacts their physical and mental wellbeing.

Screen-Free Day: In this home learning activity, children look at promoting a screen-free day and consider things that can be embraced from this and ways it can enhance wellbeing.

Wider Learning:

Why not arrange a 'Digital Wellbeing Day'? This could focus on ensuring everyone in the school community understands ways in which they can enhance and protect their digital wellbeing.

Assessment Statements

All children should be able to...

- identify some positives and negatives of the Internet;
- explain what to do if they experience or see bullying online;
- explain ways to communicate safely online and identify ways to get support if they do not feel safe;
- assess the reliability of online information;
- explain what personal information includes;
- know why we shouldn't share passwords and private information;
- explain why we have rules and restrictions around the technology we use.

Most children will be able to...

- recognise why it is important to balance time online and offline for wellbeing;
- empathise with a cyberbullying victim;
- respond appropriately to different online scenarios;
- recognise the role they play in sharing information responsibly online;
- understand the consequences of sharing certain information, images and videos online;
- explain the potential negative impact from sharing things online.

Some children will be able to...

- write their own play script to show how to report concerns around cyberbullying;
- discuss why some people trust a person they have never met and how they can maintain their safety when they are communicating;
- create their own manipulated and real messages for other children to assess for reliability and manipulation;
- discuss secure passwords and learn about ways of creating safe and secure passwords;
- create their own examples of when 'The Golden Rule' would be useful to apply, both online and offline.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.