

Fens Primary School Knowledge Organiser



PSHE Focus: Relationships

Digital Wellbeing

Year 5

Term: 2A

Key Learning

Children will identify the benefits of the Internet and know how to look after my digital wellbeing.

To know how to stay safe, healthy and happy online and when I use digital technology.

To know how to develop safe, respectful and healthy online relationships and can recognise the signs of inappropriate and harmful online relationships.

To know how to use social media responsibly to protect the health, wellbeing and rights of all.

To know what online bullying is and what to do if I see or experience it to help make it stop.

To understand not all information online is true and know how to assess the reliability of both text and images

Wider Learning

- Children to 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.
- To create a poster to share knowledge about Safer Internet Day on 7th February.

Key Vocabulary

- online, digital wellbeing, digital health, digital, Internet, time management, positive, negative, mental health, emotional wellbeing, regulations, restrictions, personal safety, emotional wellbeing, online games, private, privacy, personal, information, data, images, worry, concern, frightened, report, appropriate, inappropriate, , storage, sharing

Useful Websites

- https://www.thinkuknow.co.uk/8_10/stay-safe/
- <https://www.familylives.org.uk/advice/bullying/cyberbullying>
- <https://www.bbc.co.uk/newsround/13908828>
- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

