

Fens Primary School Knowledge Organiser



PSHE Focus: Relationships

Digital Wellbeing

Year 1

Term: 2A

Key Learning

I can talk about ways in which the Internet is useful.

I know how to balance screen time with other activities and understand why this is important.

I know how to stay safe online.

I can explain why we keep personal information private

I know how to communicate online in ways that show kindness and respect.

I understand that not everything on the Internet is true

Key Questions

What is the role of the internet in everyday life ?

How can the internet and digital devices be used safely to find things out and to communicate with others ?

Is all information online true?

What do I do about hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable?

Who is a trusted adult?

How do I respond safely to adults that I do not know?

Key Vocabulary

Relationships, family, friends, relatives, feelings.

Wider Learning

Children could create a diary of what other activities they do at home, helping them to check they have a balance of activities for a healthy body and mind.