



Relationships | Digital Wellbeing

Key Knowledge

My Internet Use

The **Internet** can help us in many ways. It can help us find information, **communicate** with others, do things we enjoy and control other things around our home like some stereos. It is important we use the **Internet** access we have in a safe and responsible way and balance the time we spend **online** with lots of fun activities **offline** as well.

Balancing Online and Offline Activities

It is important to try to balance the time we spend on the **Internet** and the time we spend away from a screen. This way we can have a healthy mixture of activities in our day, enjoying the **Internet** for different uses and getting lots of fresh air and time with family and friends.



Key Vocabulary

Internet

A system that enables **computers** and other **devices** to send each other information. We can use **devices** to find and share information on the **Internet**, **communicate** with others, watch videos and listen to music.

device

An electronic item which accesses the **Internet**.

television

An electronic **device** we use to watch programmes.

laptop

A portable **computer**.

tablet

A touch sensitive device which can access the **Internet**.

computer

A **device** which can access the **Internet**.

smartwatch

A watch which can access the **Internet**.

smartphone

A mobile phone which can access the **Internet**.

account

Personalised access to a **website** or **app** which you need a login name and password to use.

communicate

Talking to others and expressing ourselves.

online

Activities we do when we use the **Internet**.

Staying Safe Online

There are lots of things we can do to help us to stay safe on the **Internet**. We can:

- choose age-appropriate **apps** and games with a trusted adult;
- respect age restrictions and make sure we only access **websites** that are appropriate for our age;
- avoid clicking links that appear on-screen;
- tell a trusted adult straight away if someone we don't know tries to talk to us;
- tell a trusted adult if anything **online** makes us uncomfortable and worried;
- treat people **online** with kindness and respect;
- balance our **online** and **offline** activities.

Kindness and Respect Online

It is important to show kindness and respect to others **online** and consider how our comments or reactions might make them feel.



offline

Activities we do when we are not using the **Internet**.

personal information

Information that is about us.

app

Short for 'application'. An application for a **computer** or mobile phone. This might be a game or a link to a **website**.

website

Information on the **Internet** from an organisation or group.

Personal Information

This is information that is special because it is about us.

Personal information includes:

- our full name;
- our date of birth;
- our address;
- our phone number and email;
- our school name;
- bank account details.



It is very important that we don't share **personal information** with people we don't know. This helps to keep us safe **online**.



Trusting the Internet

The **Internet** isn't owned by anyone and people can write whatever they want. When we read information **online**, it is important that we use a trusted source or check a few **websites** we feel confident that we can rely on.



Key Learning Point: Benefits of the **Internet**:

The **Internet** can help us in many ways. We can:

- find information;
- video call people far away;
- send messages;
- research information;
- play games.



Using the **Internet** Safely and Responsibly:

It is important that we use the **Internet** safely and responsibly. This means:

- use age-appropriate **websites** and games;
- talk to a trusted adult and agree what **websites** and **apps** can be used;
- keep all **personal information** private;
- don't share images;
- talk to a trusted adult if anything worries or frightens us;
- think carefully about how we react to other people's comments or news;
- show kindness and respect in our **communication online**.

To look at all the planning resources linked to the **KS1 Digital Wellbeing** planning, [click here](#)