

Aim:

H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online

L11. recognise ways in which the internet and social media can be used both positively and negatively

I can identify the benefits of the Internet and know how to look after my digital wellbeing.

The Big Questions:

How can the Internet be used positively?

How can it be used negatively?

How can we look after our mental health and emotional wellbeing when spending time online?

Success Criteria:

I can recognise that the Internet plays an increasingly big role in our daily lives.

I can identify the positive and negative uses of the Internet.

I can explain what digital wellbeing means and understand how to look after my mental health and emotional wellbeing when I am online, including effectively managing my time.

I can think about steps I am going to take to have a healthy digital life.

Key/New Words:

online, digital wellbeing, digital health, digital, Internet, time management, positive, negative, mental health, emotional wellbeing

DISCUSSION TIME

Reconnecting – What Do We Use the Internet For?**Exploring – The Positive and Negative Uses of the Internet:****How can we develop positive digital well-being?**

A Healthy Digital Life

It is important we use the Internet and other digital technology positively and in a way that does not harm our health and wellbeing.

Design and create a poster to explain to others in school what digital wellbeing is and how they can stay healthy when spending time online and using other digital technology.