

<p>I understand why we have rules and restrictions relating to technology.</p> <p>I understand the negative impact of sharing things online.</p> <p>I have strategies for coping with online pressures.</p> <p>I understand how technology can affect our wellbeing in different ways.</p>	<p>The Big Questions:</p> <p>How does technology make us feel?</p> <p>What can we do to ensure we feel safe and happy online?</p>
<p>Key/New Words:</p> <p>online, Internet, social media, positive, negative, rules, restrictions, happy, safe, unsafe, consequences, share, forward, personal information, private, privacy, respect, kind, communication</p>	
<p>Exploring – Rules to Keep Us Safe: ask children to discuss rules they know of that are there to keep people safe - in school and at home. Next, discuss age restrictions on games, websites, films and TV programmes and ask children to consider why we have age restrictions. In pairs, children will then go on to look at some examples of how sharing and forwarding images and videos can negatively impact our wellbeing, even if rules aren't being broken. Discuss 'The Golden Rule' and how it can help keep people safe and happy online, as well as offline.</p>	

How Would You Feel?



Someone keeps putting Selma's school coat on the floor in the cloakroom.



Andrew is playing on his games console. He always wins at this game, no matter who he plays online.



Maeve's friends have formed a dance group and they're practising every breaktime and lunchtime. No one asked her if she wanted to join.



Gil was watching videos on his phone in bed until past midnight. He has an important test today at school.



Rules to Keep Us Safe



Can you and your partner think of any rules that we have at school to keep people safe?

Can you tell your partner a rule that you have in the home to keep you or others safe?

All through life, we come across rules to keep us safe.



There might be a 'No Swimming' rule at a river.



At a zoo, the rules on signs keep us safe from dangerous animals.



And we have rules about not being allowed to smoke or drink until the age of 18 because alcohol and tobacco are harmful substances.

Rules to Keep Us Safe



Online games, video games, films, television programmes and websites also have age restrictions.

Why are some films not suitable for younger children to watch?

Did you know that you should be 13 or older to have an account on most social media sites?



Pranks and Pressures



Caspian has been dared by his cousin to post a 'challenge video' online. His cousin says everyone is doing it and it's really funny.

The challenge you have to record yourself doing is trying to drink a whole four pint carton of milk in one minute. Most people end up being sick.

Caspian doesn't even like milk and he certainly doesn't like the sound of being sick on video then sharing the video with others.

He doesn't want his cousin to think he's no fun or that he's scared though. So what should he do?



Pranks and Pressures



Daisy's friends have started a 'cool club' on their phones. Each day, everyone in the group has to post a selfie to the group and everyone in the group gives a score out of 10 for how 'cool' the photo is.

Daisy would rather be out playing with her dog in the garden and isn't fussed about hair and fashion like some of her friends. But she doesn't want to be left out and has had some low scores from her friends.

Should Daisy try to post some 'better' selfies on the group to get some higher scores?

How might the pressure to get a good score be affecting all the children in the group?



Remember...

- You don't ever have to take part in anything that makes you feel uncomfortable or worried.
- You have the right to be yourself - offline and online - you never need to do what others say to try to fit in.
- It's up to us to look after our wellbeing and get help if we're not feeling so good.
- Speak to a trusted adult about anything that is negatively affecting your wellbeing.

What Is Digital Wellness?



Digital wellness is being aware of how technology can make us feel and doing all we can to ensure that we are safe and happy when we are online. It is also about having a healthy balance of online and offline activity and using the Internet in a positive way.

