

Class	Cherry
Subject	PSHE
Topic	Digital wellbeing
Term	Autumn 2

## Sequence of lessons – Objectives to be met

Lesson 1 The Internet and Me	<p>L7. about how the internet and digital devices can be used safely to find things out and to communicate with others</p> <p>L8. about the role of the internet in everyday life</p> <ul style="list-style-type: none"> <li><i>I can talk about ways in which the Internet is useful.</i></li> </ul>
Lesson 2 Online and Offline	<p>L7. about how the internet and digital devices can be used safely to find things out and to communicate with others</p> <p>L8. about the role of the internet in everyday life</p> <ul style="list-style-type: none"> <li><i>I know how to balance screen time with other activities and understand why this is important.</i></li> </ul>
Lesson 3 Staying Safe Online	<p>H28. about rules and age restrictions that keep us safe</p> <p>H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them</p> <p>R14. that sometimes people may behave differently online, including by pretending to be someone they are not</p> <p>R15. how to respond safely to adults they don't know</p> <ul style="list-style-type: none"> <li><i>I know how to stay safe online.</i></li> </ul>
Lesson 4 Personal Information	<p>H28. about rules and age restrictions that keep us safe</p> <p>H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them</p> <p>L9. that not all information seen online is true</p> <ul style="list-style-type: none"> <li><i>I can explain why we keep personal information private.</i></li> </ul>
Lesson 5 Communicating Online	<p>R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online</p> <p>R11. about how people may feel if they experience hurtful behaviour or bullying</p> <p>R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult</p>

	<p>R14. that sometimes people may behave differently online, including by pretending to be someone they are not</p> <p>R15. how to respond safely to adults they don't know</p> <p>L7. about how the internet and digital devices can be used safely to find things out and to communicate with others</p> <p>L8. about the role of the internet in everyday life</p> <ul style="list-style-type: none"> <li>• <i>I know how to communicate online in ways that show kindness and respect.</i></li> </ul>
<p>Lesson 6 True or False?</p>	<p>L9. that not all information seen online is true</p> <ul style="list-style-type: none"> <li>• <i>I understand that not everything on the Internet is true.</i></li> </ul>