

LKS2 PSHE and Citizenship Relationships - Digital Wellbeing

Guide for Parents and Carers

This term, your child's PSHE and Citizenship topic is 'Digital Wellbeing'.

In this unit of work, children will consider what we use the Internet for and the benefits and risks of online activities. Children will learn about screen time and getting a healthy balance between online and offline activities. They will learn about online relationships, including cyberbullying and online stranger danger. Privacy issues will be explored in terms of passwords, personal information and the sharing or forwarding of images and videos. Children will also learn about pressures and challenges that are often associated with social media.

We will be exploring these questions:

- Lesson 1:** What do we use the Internet for? How does the Internet affect our lives?
- Lesson 2:** How can we show kindness and respect online? What can we do if we see unkind behaviour online?
- Lesson 3:** What could the risks of chatting to others online be? What's the difference between knowing someone offline and knowing someone online?
- Lesson 4:** How can we use online information responsibly? Can we trust the information we find online?
- Lesson 5:** What information should we never share online? Why is it important not to share personal information?
- Lesson 6:** How does technology make us feel? What can we do to ensure we feel safe and happy online?

Your child will be taking part in a range of activities, including the following:

Collaborative group tasks, paired discussions, answering quiz questions, sorting statements, making a poster, discussing fictional characters and scenarios, role-play, research and writing information, recording their ideas in writing and with illustrations, giving advice to others and preparing and presenting information to the class.

About PSHE and Citizenship Education

PSHE stands for Personal, Social, Health and Economic education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.