

PSHE and Citizenship KS1 Relationships - Digital Wellbeing

Guide for Parents and Carers

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

This unit aims to introduce children to the many ways in which we can use the Internet while keeping ourselves safe and being kind to others. This unit aims to explore the many uses we have for the Internet and the benefit it can be to our everyday lives while also detailing the importance of maintaining a healthy balance of activities and avoiding prolonged screen time. It discusses the risks associated with using the Internet and reminds children that anyone can share any information they want on the Internet as it is not owned by anybody. It examines ways we can stay safe online and identifies the importance of working with a trusted adult to set up games, sites or apps that are appropriate for children to use. This unit includes discussion around the ways we can communicate over the Internet and identifies the importance of making good choices with our interactions online. It also explores the fact that not everything we see on the Internet is true.

We will be exploring the following questions:

- Lesson 1:** What do we use the Internet for? How can it help us?
- Lesson 2:** How much screen time is healthy? How can I make sure I do range of activities, both offline and online, to keep my mind and body healthy?
- Lesson 3:** What are the risks when we go online? What can I do if I feel frightened?
- Lesson 4:** What is personal information? How can we stay safe online?
- Lesson 5:** How can we use the Internet to communicate with others? How can we show kindness and respect online?
- Lesson 6:** Can we trust everything we see on the Internet? How do we know what is true?

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

Discussions, creating storyboards, making posters, talking about pictures, playing games and listening to stories.

About PSHE and Citizenship Education

PSHE and Citizenship Education stands for Personal, Social, Health, Economic and Citizenship Education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need 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 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.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).