UKS2 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 ways they can use the Internet positively and how they can look after their wellbeing while being online. Children will learn about potential risks of being online and when using digital technologies as well as strategies to stay safe and to get help. They will also learn about online relationships and what a respectful and healthy online relationship looks like as well as signs of an inappropriate online relationship and ways to get help. The benefits and risk of social media will also be explored as well as how social media can be used responsibly. Children will also learn how to recognise what online bullying looks like and how to help make it stop. Finally, the concept of 'fake news' will be explored with children learning how to be able to tell if something online is reliable or not and what they can do to stop the spreading of unreliable information.

We will be exploring these questions:

Lesson 1: 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?

Lesson 2: What are the potential risks of being online and using digital technology? How can we stay safe, healthy and happy online and when we are using digital technology? How can we get help for any concerns we have? What choices can we make to look after ourselves and others when we are online and using digital technology?

Lesson 3: What do respectful and healthy online relationships look like? What are the signs of an inappropriate online relationship? How do we get help if things are worrying us? What is digital citizenship?

Lesson 4: What are the benefits of using social media? What are the risks? How can we use social media responsibly?

Lesson 5: What does online bullying look like? How can I tell if it is happening? What can we do to help make it stop?

Lesson 6: What is 'fake news'? How can we tell if something online is reliable or not? What can we do to help stop the spread of fake news?

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

Collaborative group tasks, paired discussions, 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 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.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.