

LKS2 Digital Wellbeing			
PSHE Association Objectives		Health Objectives	Relationships Objectives
 Lesson 1: The Digital World	H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online L11. recognise ways in which the internet and social media can be used both positively and negatively	Mental Wellbeing: that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations Mental Wellbeing: how to judge whether what they are feeling and how they are behaving is appropriate and proportionate Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests Internet Safety and Harms: that for most people the internet is an integral part of life and has many benefits Internet Safety and Harms: about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing Internet Safety and Harms: how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private Internet Safety and Harms: that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships Online Relationships: that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous Online Relationships: the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
	Lesson 2: Digital Kindness	R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support	Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties Caring Friendships: that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs

	R21. about discrimination: what it means and how to challenge it	Mental Wellbeing: that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing Mental Wellbeing: where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) Internet Safety and Harms: how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private Internet Safety and Harms: that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health Internet Safety and Harms: where and how to report concerns and get support with issues online	Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships Respectful Relationships: about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help Online Relationships: that people sometimes behave differently online, including by pretending to be someone they are not Online Relationships: that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous Online Relationships: the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them Being Safe: what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) Being Safe: where to get advice, for example family, school or other sources Being Safe: how to report concerns or abuse, and the vocabulary and confidence needed to do so
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 3: Do I Know You?	R12. to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know	Mental Wellbeing: how to judge whether what they are feeling and how they are behaving is appropriate and proportionate Mental Wellbeing: where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) Internet Safety and Harms: how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private Internet Safety and Harms: where and how to report concerns and get support with issues online	Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties Caring Friendships: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed Online Relationships: that people sometimes behave differently online, including by pretending to be someone they are not Online Relationships: the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them Online Relationships: how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met Being Safe: what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) Being Safe: how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know

			Being Safe: how to recognise and report feelings of being unsafe or feeling bad about any adult Being Safe: how to report concerns or abuse, and the vocabulary and confidence needed to do so
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 4: Online Information	L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation	Mental Wellbeing: how to judge whether what they are feeling and how they are behaving is appropriate and proportionate Internet Safety and Harms: that for most people the internet is an integral part of life and has many benefits Internet Safety and Harms: how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private Internet Safety and Harms: how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted Internet Safety and Harms: where and how to report concerns and get support with issues online	Caring Friendships: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships Online Relationships: the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them Online Relationships: how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met Online Relationships: how information and data is shared and used online Being Safe: where to get advice, for example family, school or other sources
Lesson 5: Keep It Private	H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online) R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this L13. about some of the different ways information and data is shared and used online, including for commercial purposes	Mental Wellbeing: that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing Mental Wellbeing: where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) Internet Safety and Harms: how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private Internet Safety and Harms: where and how to report concerns and get support with issues online	Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships Respectful Relationships: the importance of permission-seeking and giving in relationships with friends, peers and adults Online Relationships: that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous Online Relationships: the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them Online Relationships: how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met Online Relationships: how information and data is shared and used online

			Being Safe: what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) Being Safe: about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe Being Safe: how to ask for advice or help for themselves or others, and to keep trying until they are heard
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 6: My Digital Wellness	H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images	Mental Wellbeing: that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations Mental Wellbeing: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings Mental Wellbeing: isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support Mental Wellbeing: that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing Mental Wellbeing: where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) Internet Safety and Harms: how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private Internet Safety and Harms: why social media, some computer games and online gaming, for example, are age restricted Internet Safety and Harms: where and how to report concerns and get support with issues online	Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties Caring Friendships: that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded Caring Friendships: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships Online Relationships: that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous Online Relationships: the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them Online Relationships: how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met Being Safe: what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) Being Safe: how to ask for advice or help for themselves or others, and to keep trying until they are heard