



What should I already know?

- That we need to be responsible when using the internet.
- That not all users or information on the internet can be trusted.
- What the possible dangers are when going on line.

Key knowledge

Don't post any personal information online – like your address, email address or mobile number.

Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.

Keep your privacy settings as high as possible

Never give out your passwords

Don't befriend people you don't know

Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do

Remember that not everyone online is who they say they are

Think carefully about what you say before you post something online

Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude

If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

Values

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| Challenge | How should we challenge inappropriate online behaviour? |
| Commit | How will you commit to maintaining a media balance in your life? |
| Conquer | What will you do to help conquer cyberbullying? |
| Celebrate | What do you celebrate about living in a technological world? |

Key facts and figures

No one is in charge of the internet so anyone can post or publish anything to it. Some content may be unsuitable. Websites that you can trust include those from:

- the Government – if the address has 'gov.uk' in it, it's a UK Government website
- the National Health Service (NHS) – if the address has 'nhs.uk' in it, it's an NHS website
- the Police – the official website is www.police.uk
- the BBC – all of the BBC's websites have 'bbc.co.uk' in their address.

It's important to check with a trusted adult if you are unsure!

Technical vocabulary Mat

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| Media balance | To use online devices and to go online as part of a balanced life style. |
| Clickbait | Content that is placed online that attracts users to click on it. |
| stereotype | A fixed oversimplified idea of something or someone. |
| Bias | Unfair like or dislike of someone |
| Avatar | An icon or figure representing someone online |
| Digital | Electronic technology |
| Cyberbullying | Online bullying. |
| Empathise | To understand the feelings of others. |
| Upstander | Someone who stands up for someone else. |
| Sponsored | Something that is paid for in return for advertising. |
| Advertisement | Something that promotes a product or service. |

