



Respect, Believe, Achieve

Year 1 Aiming High

Internet Safety and Mental Wellbeing



Websites and Signposting

- [What is the internet?](#) Video
- [Parent info website](#)—9 ways the internet can be good for children
- [ECMHC website](#)—Ideas for teaching children about emotions

What do I already know?

- Recognise that a range of technology is used in places such as homes and schools. (YR)
- Be able to select and use technology for particular purposes. (YR)
- Talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. (YR)

Key Words

Positive and Negative	Positive = good Negative = not good
Wellbeing	The state of being comfortable, happy or healthy
Emotions	A strong feeling that is dependent on your situation, mood, relationships or health.
Mental Health	How you feel and behave about yourself and the world around you.

Key Skills	
	Identify – can talk about ways the internet can be used safely.
	Empathy – can understand how actions online can effect others and themselves.
	Identify – can identify own emotions in different situations.



Key Knowledge
<ul style="list-style-type: none"> • That for most people the internet is an integral part of life and has many benefits. • 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. • 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. • Mental wellbeing is a normal part of daily life in the same way as physical health. • 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 situations.

Here's what I will know/be able to do by the end
<ol style="list-style-type: none"> 1. I know how to use the internet safely. 2. I know how my actions online can impact others. 3. I can identify the emotions I have in different situations and understand these are normal.