



Respect, Believe, Achieve

Year 5 Spring 1

Internet Safety, Mental Wellbeing, Families and people who care for me.



Websites and Signposting
BBC Bitesize How Do Search Engines Work? -
Interland —Google Game to explore internet safety
Healthy vs Unhealthy relationships —video

What do I already know?

- That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have negative impact on mental health. (Y3)
- Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. (Y3)
- Where and how to report concerns and get support with issues online. (Y4)
- What sort of boundaries are appropriate in friendships with peers and others (including in a digital context). (Y4)
- 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. (Y4)

Key Words

Wellbeing	The state of being comfortable, happy or healthy
Mental Health	How you feel and behave about yourself and the world around you.
Bullying	Bullying is behaviour that hurts someone else physically or emotionally. In real life or online (cyber bullying)

	Key Skills
	Identify – When the internet is being useful and how it works.
	Respect – can respect the boundaries that are appropriate in relationships and what to do if they make someone feel unhappy or unsafe.
	Empathy - know how bullying impacts mental health and recognise how this presents in themselves and others.



Key Knowledge
<ul style="list-style-type: none"> • How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • How to recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice from others if needed. • That bullying (including cyberbullying) has a negative and often lasting impact on 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).

Here’s what I will know/be able to do by the end

1. I know that the internet can be a good place for information and understand how it works.
2. I know where to go to get support with issues that may occur with relationships in person and online.
3. I understand how bullying can impact mental health.
4. I know where to get support with my own and if I am concerned about someone else’s mental wellbeing.