



Digital Wellbeing



twinkl

Technology

People can use technology, like this, every day.



Technology can help people to feel happy and to learn new things.

If these things are used in the wrong way or if they are used too much, they can make people feel grumpy, tired and worried.

Staying Safe, Happy and Healthy

To stay safe, happy and healthy, we need to know how we feel when we watch television and use computers, tablets and online games etc.

We need to make choices which keep us safe, happy and healthy.

We should not use devices for too long.



We should watch things that are OK for our age.

We should play games and use apps that are OK for our age.



If we start to feel grumpy, we should do something else.

If we feel sad, worried or frightened by something we see, we must tell an adult we trust.



We should be kind to our friends if we send them a message.



We should never share things online which are private.



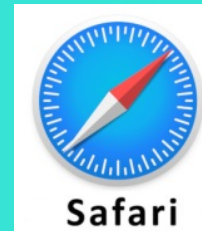
We should do lots of different things to keep our mind and our body happy and healthy.

Stay happy, safe and healthy!

Think of the different digital technology you may have at home.
Do you have any of these?



Lots of these devices can be connected to the internet, so it is important to know how to use them safely.

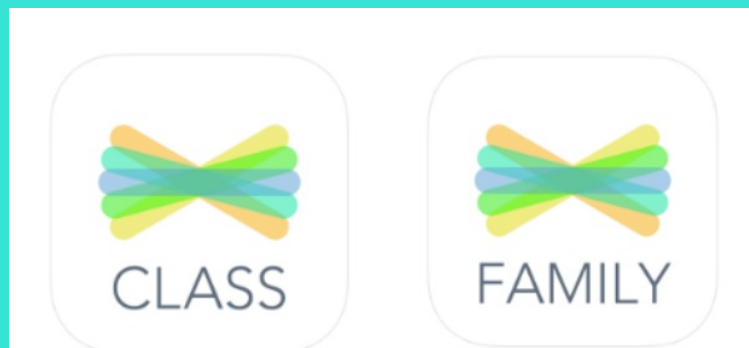


We use Seesaw in school to show our grown ups our learning. Some of us have also learnt to add our own work, pictures or videos.

You may have helped teach your grown ups how to use Seesaw at home.

It is a great way for us to communicate with teachers and to show our learning from home and it uses the internet to work.

When we are in school, we ask an adult before we use Seesaw and only use it when an adult is near. It is important that we ask our grown ups before we use Seesaw at home too.



Using different devices can be lots of fun. We can play games and use it to help us with our learning. It can also help us to talk and communicate with our family and friends. We must always ask permission from a grown up before we use them.



Your grown ups will know when it is an appropriate time for you to use technology and can help you while you use it.

Webster the spider has helped us in school to know ways that we can keep safe and rules to follow when using technology.

Here are Webster's rules that we spoke about in class:


Webster's Rules

- 1 Always get permission to go online and make sure an adult is nearby.
- 2 Keep your personal information private – that's your full name, address, phone number and the name of your school.
- 3 Only share your usernames and passwords with your parents or carers.
- 4 When searching for images or information online, use a safe search engine designed for children.
- 5 Never arrange to meet someone you have spoken to online but do not know in real life.


- 6 Never share pictures of yourself with someone you have met online.
- 7 Be kind online. Being mean online is cyberbullying. Tell a trusted adult if it happens to you.
- 8 Always ask a grown-up before downloading something in case it damages the device.
- 9 Tell a grown-up if you see something online that makes you feel worried, scared, upset or confused.




Talk to your grown up and think of a time when you have used technology at home.

A white speech bubble with a black outline and a drop shadow, pointing towards the top left.

What technology have you used at home? What have you use it for?

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How does using this technology make you feel?

A white speech bubble with a black outline and a drop shadow, pointing towards the bottom left.

How can you keep safe when using it?

Think safe activity!

Draw a picture of 3 different ways you have used technology, e.g. using Seesaw, using the internet to search for information, video calling family and friends or playing computer games.

For each picture, tell us...

- what were you using the technology/internet for?
- how did you make sure you were using it safely?
- how did using this technology make you feel?

Then, pick 1 of Webster's Rules, write it down and see if you can write a reason why this rule is important to follow. Think about reasons we came up with when we discussed it in school.

