

Weaving concepts



What should I already know?

Key Learning Points:

Coping with Our Feelings and Emotions:

We all experience lots of emotions and some may feel comfortable while others feel uncomfortable. There are lots of ways we can express our emotions or help ourselves to understand what we are **feeling**. These things can help:

- Listening to music;
- Taking slow, deep breaths and focusing on how this feels;
- Getting active and exercising;
- Spending time with people who are special to us;
- Talking to people we trust;
- Spending time doing activities we enjoy.

Being Kind to Ourselves: It is important to be **kind** to ourselves and feel good about ourselves. We are **special** and **unique** and deserve to feel valued and loved. Reminding ourselves how **special** we are and of the many things we do well can help us show **respect** and **care** for ourselves and to feel good.

Key Vocabulary

Internet: A system that enables computers and other **devices** to send each other information. We can use **devices** to find and share information on the **Internet**, communicate with others, watch videos and listen to music.

online: Activities we do when we use the **Internet**.

social media: **Websites** and applications where people can share images, comments and join **online** communities.

personal information: Information that is about us. It can include our full name, our date of birth, our address, our telephone number and the name of our school. For adults this also includes their bank details and place of work.

communication: Ways of sharing our views with others, including talking and writing messages.

respect: A way of treating or thinking about someone that shows they are important and they are valued.

offline: Activities we do when we are not using the **Internet**.

behaviour: Our actions. The way we behave.

website: An information page on the **Internet** from an organisation or group.

apps: Short for 'application'. An application for a computer or mobile phone. This might be a game, provide a service or a link to a **website** or other device.

bullying: Doing something repeatedly to hurt someone's body or feelings on purpose.

cyberbullying: **Bullying** that takes place **online**. This may be name-calling, harassment, tricking, **trolling** or excluding others.

trolling

Posting information **online** that will upset someone or cause them problems.

harassment

Sending constant harmful or threatening messages to someone.

device

An electronic item which accesses the **Internet**.

reliability

Understanding how much we can trust someone or something.

rules

Instructions we need to follow to stay safe.

cookies

Technology used to track **Internet** activity.



Sticky Knowledge

Key Learning Point:

Safe, Responsible Internet Use: There are many benefits of using the **Internet**. When we go **online**, it is important to keep in mind all the ways we use the **Internet** safely and responsibly. This helps to protect the mental health and wellbeing of ourselves and others. We can:

- **respect** age-restrictions on sites and **apps** we use;
 - keep **personal information** private;
 - **respect** the privacy and opinions of others;
 - communicate with kindness;
 - speak to a trusted adult straight away if anything worries us;
 - enjoy lots of **offline** screen-free activities as well, such as time outside, crafts, time with family and friends and games;
 - think carefully about sharing or forwarding anything **online**.
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