



What should I already know?

- Understand the benefits and risks of using the internet, including what private and appropriate information to share.
- Know how to use the internet safely, act responsibly and treat others online as you would in person, avoiding cyberbullying.
- Children know that spreading kindness online helps make the internet safer and that cyberbullying, though often anonymous, can deeply affect others.

Bullying and Cyberbullying

- Bullying is behaviour that hurts someone else's body and/or feelings and is repeated rather than a one off.
- Cyberbullying is behaviour that hurts someone else online through social networks, gaming and mobile phones, and is repeated rather than a one off.
- Supporting yourself involves spending time with loved ones, joining activities you enjoy, relaxing, and using online privacy settings to stay safe.
- Seeking support by reaching out to trusted adults, family, friends, school resources, online platforms, or authorities, and learning from books and podcasts.

Understanding wellbeing and the link social media.

- Wellbeing: When someone is safe and happy, they can face challenges, build strong relationships and contribute to their community. A person's wellbeing can change at any time.
- Social Media: Technology that allows us to communicate and share ideas with others e.g. messaging, gaming, websites, videos and pictures.
- It is important for children to be mindful of their wellbeing and social media because excessive use or negative interactions online can impact their mental health, self-esteem, and relationships, while mindful habits help them stay safe, balanced and emotionally resilient.

Sharing images online.

- Remember:
- Who is seeing it and why do they want it?
- Has the person agreed to share it?
- What are the risks with me sending this photo?

Technical vocabulary

Fraud	Fraud is when someone tricks or lies to you to take something from you, like your money or personal information, without your permission.
Hacking	involves accessing someone's computer without permission using malicious software or guessed passwords to steal sensitive data.
Nudity	Nudity means when someone is not wearing any clothes or is showing parts of their body that are usually kept private.

Strap line

I am aware of personal, social and health needs whilst understanding how to be a good citizen in modern Britain.

Online Fraud

- Scam emails are deceptive messages that use fake offers or urgency to trick people into sharing personal information or clicking harmful links.
- Pop-up fraud uses harmful software to capture personal information, such as names or bank details, through fake pop-ups.

Risks for Children:

Hacking: Personal information such as passwords, addresses and financial details can be stolen, leading to identity theft or misuse of their accounts.

Pop-up Fraud: Harmful pop-ups can install viruses or malware on devices, compromising personal data and exposing children to inappropriate or unsafe content.

Scam Emails: Children may be tricked into sharing sensitive information, clicking malicious links, or falling for fraudulent offers, leading to financial or personal harm.



What should I already know?

- Children should know that a healthy balanced lifestyle involves eating nutritious foods, staying physically active, getting enough sleep and taking care of their mental health.
- They should understand the importance of variety in their diet, drinking plenty of water, and limiting sugary snacks.
- Regular exercise, such as playing outside, helps keep their bodies strong and healthy. Developing good habits early on helps them feel better and perform well in school and daily activities.

Healthy balanced diet.

- Energy in food is measured in calories.
- If we consume more calories than our body needs then our bodies store the extra as body fat.
- Unhealthy foods usually contain higher amounts of sugar or less health fat and should be eaten in moderation with a balanced diet.
- Some foods contain hidden sugar such as ketchup, yoghurt and drinks.
- Fruit and vegetables contain a good source of vitamins and minerals.
- Carbohydrates help to give our bodies energy.
- Dairy is a good source of protein to help our body grow and repair.
- Fish, meat, eggs and beans are also protein which help our bodies stay healthy.

Healthier eating choices and influences.

- People make choices over what to eat throughout the day: snack, lunch, breakfast club, in the shop, parties, dinner or going out for food.
- We are influenced by many things on what we eat including from our parents eating habits as we are children.
- TV can have a positive and negative effect on eating habits as it can show more healthy options and environmentally friendly options. It can also show more high calorie foods that look tasty.
- When making food choices you should consider: what is best for your body? Be confident in your choice for the healthier option.

How to prepare a healthy meal.

- Balanced meal of vegetables, fish or alternatives, carbohydrates and some dairy.
- Food should be prepared at home to avoid processed food.
- Food is usually cheaper when prepared at home.

Technical vocabulary

Healthy	Being in good physical and mental condition, free from illness or injury.
Balanced diet	Eating a variety of foods in the right proportions to get the nutrients your body needs to stay healthy and strong.
Vigorous	Strong, healthy, and full of energy; involving physical strength, effort, or energy.

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The importance of regular, physical activity.

Physical activity:

- Improves concentration
 - Makes us feel more confident.
 - Improves our social skills.
 - Sleep better
 - Strengthens our muscles and bones whilst developing coordination.
 - Helps us maintain a healthy weight.
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- Children 5 – 18 should do 1 hour of moderate to vigorous activity every day.
 - Moderate to vigorous activity is when we breath faster and feel warmer.