



What should I already know?

- Teachers help us stay safe in school.
- I know who my trusted adults are.

Personal information

Personal information includes:

- Name
- Age
- Address
- School

PSHE

In PSHE we learn about our bodies, our mind, our feelings as well as other people, the community and the wider world.

Rules to stay safe online

- Never share **personal information**
- Follow **internet safety** rules
- Check **age ratings**
- Use the **internet** with an adult/teacher

Technical vocabulary

Personal Information

Personal information is important information about you, like your name, where you live, and your phone number, that you should only share with trusted grown-ups

Internet

The internet is a global system of connected computers that allows people to share and access information.

Online videos

Online videos are videos on the internet that you can watch anytime, but unlike normal TV, you can choose exactly what you want to see.

Internet safety

Making choices on the internet that keep you safe and protected

Age rating

Labels that explain what age you need to be to play a game or watch a film/TV show

Internet safety

If something upsets you online you must:

- **Stop**- stop what you are doing
- **Close**- shut your laptop screen or turn you ipad/phone over
- **Tell**- tell an adult



Viewing choices

- Age ratings tell you what videos are good for you to watch at your age.
- Looking at screens too much can make brains and eyes tired.

Online videos

- Trusted adults should check **online videos** before you watch them
- Being careful on the **internet** means we can stay safe and happy.