



**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

**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

**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

**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.

