




Key Facts	Social and Emotional skills	
<ul style="list-style-type: none">Remember to use the SMARRT rules when online or using my mobile phone.It is difficult to know if something is real or fake on the internet so if my friends were encouraging me to be unkind to someone online by sending unkind messages, I wouldn't do it. I would stop and think and ask my parents about the situation. I wouldn't join in and would tell everyone I wanted to stay outChildren my age are vulnerable because we are worried about how we look. If I was being pressured to post pictures of myself so my friends could comment I wouldn't do that.Comparing myself with others isn't fair and could damage my self-esteem.		<ul style="list-style-type: none">Know how to keep building my own self- esteemRecognise when an online community feels unsafe, unhelpful or uncomfortableCan identify things I can do to reduce screen time, so my health isn't affectedRecognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others
Key Learning:	Prior Learning:	Books for support
<ul style="list-style-type: none">An accurate picture of who I am as a person in terms of my characteristics and personal qualitiesUnderstand that belonging to an online community can have positive and negative consequencesUnderstand there are rights and responsibilities in an online community or social networkKnow there are rights and responsibilities when playing a game onlineRecognise when I am spending too much time using devices (screen time)Explain how to stay safe when using technology to communicate with my friends	<p>Pupils should already be able to :</p> <ul style="list-style-type: none">Recognise situations which can cause jealousy in relationshipsRecognise how friendships change, know how to make new friends and how to manage when I fall out with my friendsUnderstand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am olderKnow how to show love and appreciation to the people and animals who are special to me	

Subject Specific Vocabulary	
Key word	Definition
Self esteem	Belief and confidence in your own ability and value
Personal qualities	The physical or mental power or skill needed to do something
Responsibilities	Something that it is your job or duty to deal with
Grooming	The criminal activity of becoming friends with a child in order to try to persuade the child to have an inappropriate relationship
Appropriate	Suitable or right for a particular situation or occasion
Mental health	The condition of someone's mind and whether or not they are suffering from any mental illness
Vulnerable	Able to be easily physically or mentally hurt, influenced, or attacked
Personal information	Facts about a person