

Key Facts

- Everyone has an identity, which is unique to them this could be the form of name, appearance and personality.
- People who have positive self-esteem are more likely to value themselves, their achievements, take better care of themselves and make healthier choices.
- Being part of an online community takes responsibility and requires the appropriate knowledge for keeping-safe. Sometimes negative experiences occur online, which can impact on a person's self-esteem and well-being.
- There are age limits to social media platforms available online or as applications (apps).
- All inappropriate behaviour must be reported to an adult and personal details for myself or others must never be shared.
- Grooming is when someone builds a relationship, trust and emotional connection with a young person, so they can manipulate, exploit and abuse them.
- A healthy amount of screen time for children aged 7 to 13 is two hours per day, with breaks.



PSHE

Year 5

Summer

Term:

Relationships



Vocabulary

Word	Definition
Self-esteem	your self <i>worth</i> and how you feel about yourself
Responsible	being dependable, making good choices, and taking accountability for your actions
Appropriate	Something that is right for you
Trolling	The sending of menacing or upsetting messages on social networks, chat rooms, or online games
Mental health	Includes our emotional, psychological, and social wellbeing, it affects how we think, feel and act
Screen time	The amount of time your child spends using a device that has a screen such as a TV, computer, games console, tablet or smartphone
Community	A group of people living in a particular area or a group of people with common interests
Risk	Situation involving exposure to danger
Social media	Websites and applications that enable users to create and share content or to participate in social networking.

Key skills and concepts:

Children will be able to:

- Identify personal traits that make them unique.
- Recognise the impact of activities undertaken while being part of an online community.
- Understand boundaries of belonging to an online community, including recognising age limits for games and apps and adhering to the legal requirements.
- Know the negative impact of screen time on physical and mental health; recognise when the negative effects are occurring in their body and take steps to self-regulate.



Key Questions

What are my personal characteristics and positive qualities?

What are the positive and negative consequences of belonging to an online community?

How do I know when my online behaviour is getting risky?

How much screen time is healthy?

