



## Key Facts

- The internet is an integral part of life and has many benefits
- The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous
- Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- The internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
- It is important to consider the effect of your online actions on others

## Ask me a question!

- What are the positives and negatives of being online?
- Who could you talk to if you experience someone being unkind to you?

## I will learn the following new words/phrases:

Online	Connected to or controlled by a computer or network.
Positive	Full of hope and confidence.
Negative	Not helpful or constructive.

## By the end of these topics, I should:

- understand computers, the internet, and rules to keep safe
- understand how your online activity can affect others
- be able to identify the positives and negatives of using technology
- know who and how to ask for help
- be able to recognise kind and unkind comments

