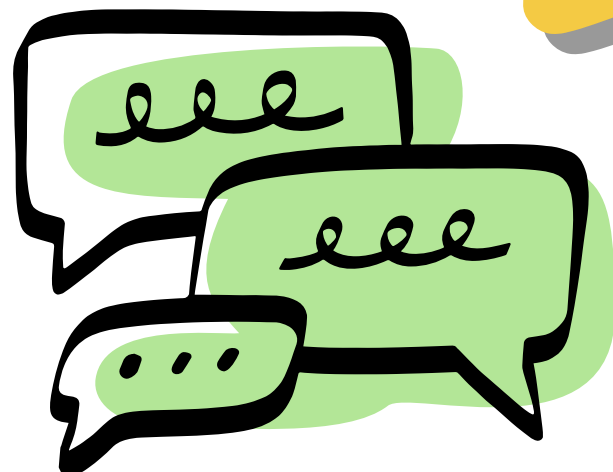
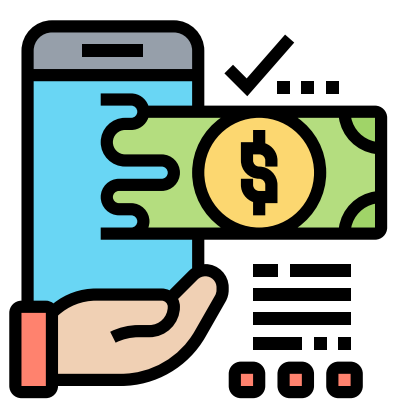


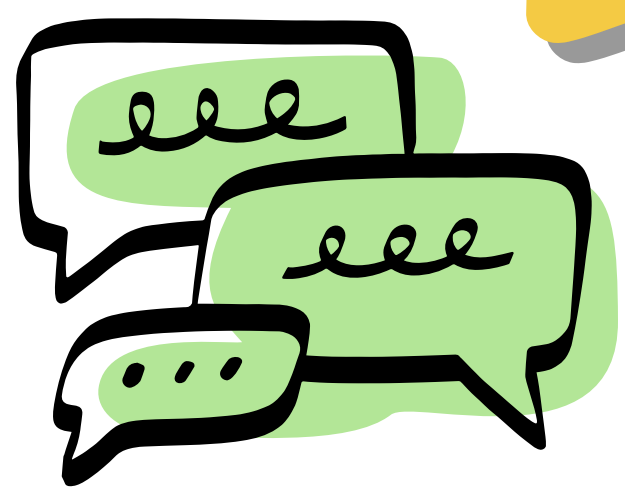
DISCUSSION CARDS



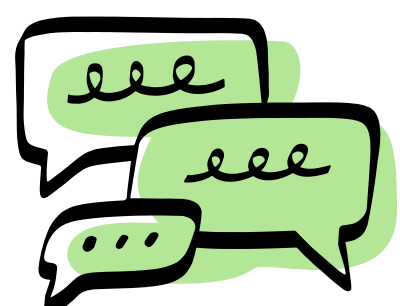
If we can give ourselves cat ears as a filter, what else could someone change about a video to make it look real when it isn't?



If an app or game is free to download, how do the people who made it pay for their office and their staff?



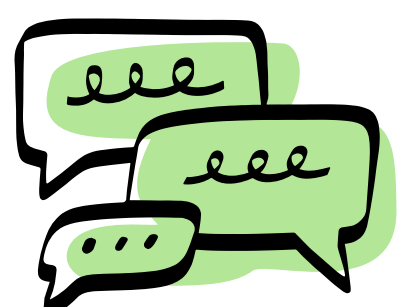
DISCUSSION CARDS



DISCUSSION CARDS

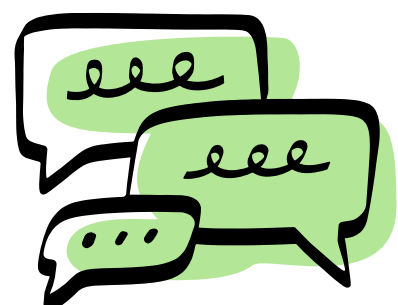


It is important to be up to date on all the 'news' even if it effects my mood.



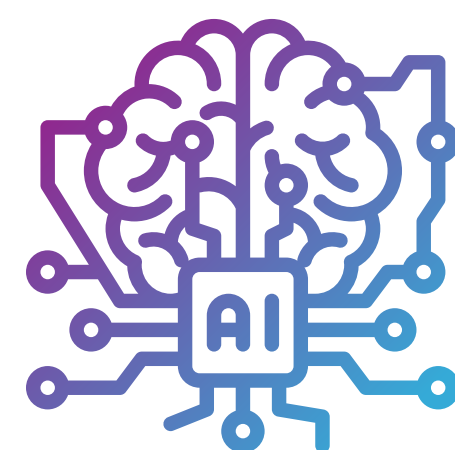
DISCUSSION CARDS

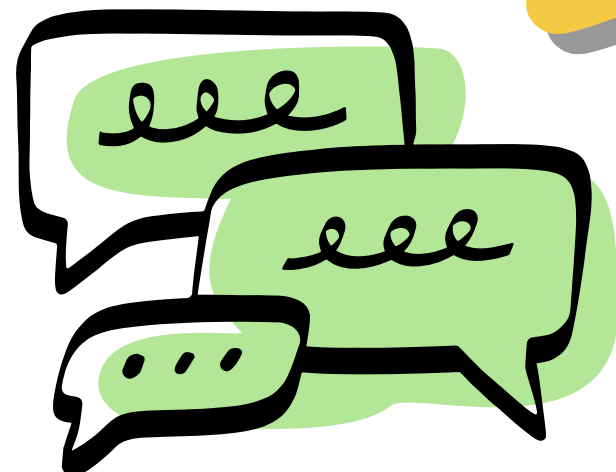
What are the positives and negatives of notifications?



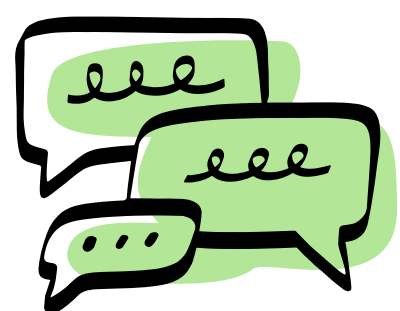
DISCUSSION CARDS

Have you ever used AI or talked to chatbots before?

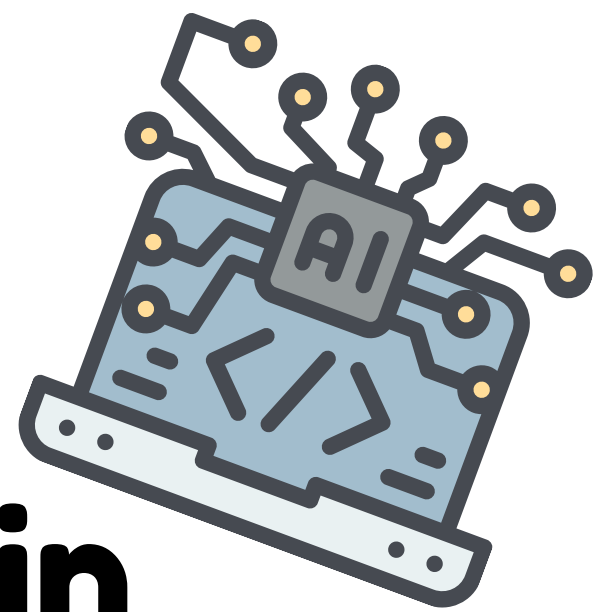




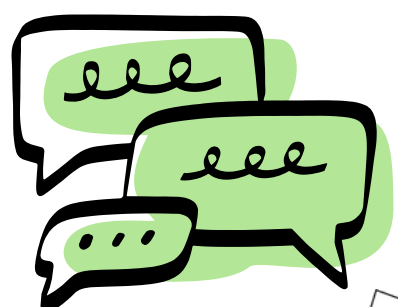
DISCUSSION CARDS



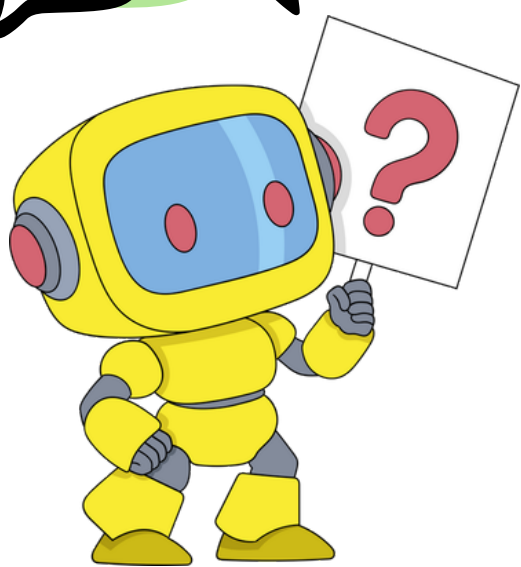
DISCUSSION CARDS



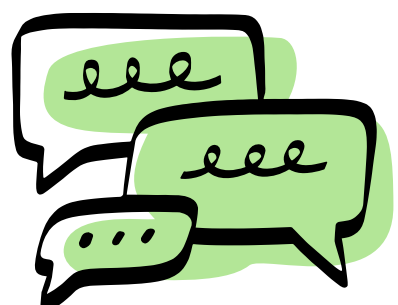
How could AI cause problems in schools?



DISCUSSION CARDS



How can you tell if AI answers are true?

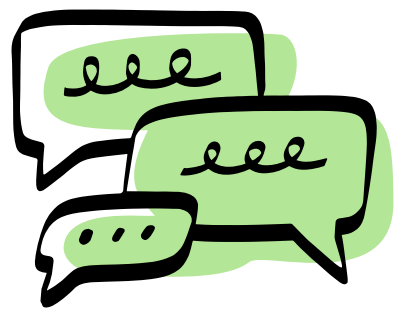
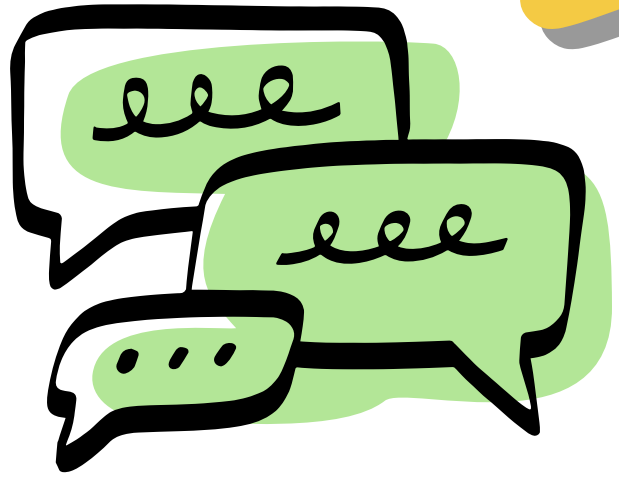


DISCUSSION CARDS

Are there some things that we shouldn't use AI for?

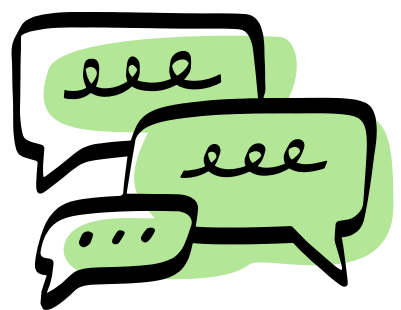


DISCUSSION CARDS



DISCUSSION CARDS

How might someone feel if they saw this 'meme' and they were the person being laughed at?



DISCUSSION CARDS



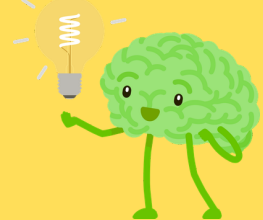
If you share a secret with one person online, and they share it with one more, is it still a secret? Where does it end?



DIGITAL WELLBEING

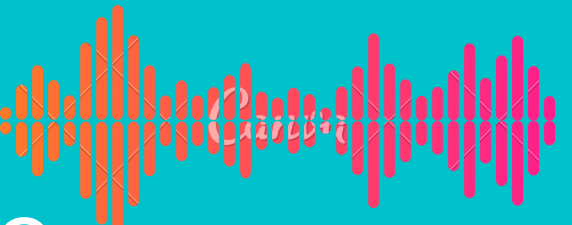
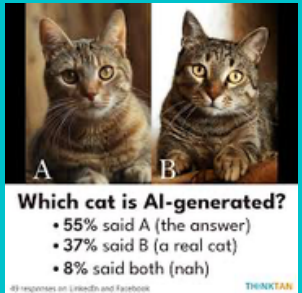
MANAGING ONLINE INFORMATION

Meet Molly. Molly is going to help us explore how information can be found online.



HOW CAN YOU FIND INFORMATION ONLINE?

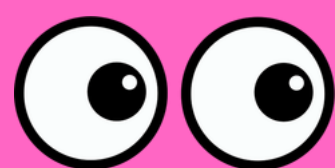
- Search engines (e.g. Google, Bing, Yahoo) 
- Voice activated searching (e.g. Hey Siri, Alexa) 

Audio  Text 
YOU CAN FIND INFORMATION IN THE FORM OF...
Videos  Photos 

THERE'S SO MUCH INFO, WHERE SHOULD I LOOK?

Find out who wrote the information, made the audio/video, took the photo. Can they be trusted? Not sure? Then check with a trusted adult and see whether the **same** information can be found on other trusted websites.

MOLLY SAYS, 'BE SCEPTICAL!'



Not everything you see, read or hear is real. There is a lot of **fake news**, **AI generated** and **altered photos** that could be designed to **influence**, **manipulate** or **persuade** you.

TOP TRUSTED WEBSITES



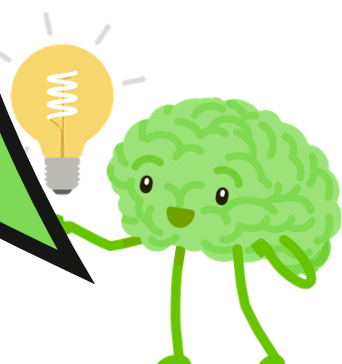
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

DON'T NECESSARILY TRUST...

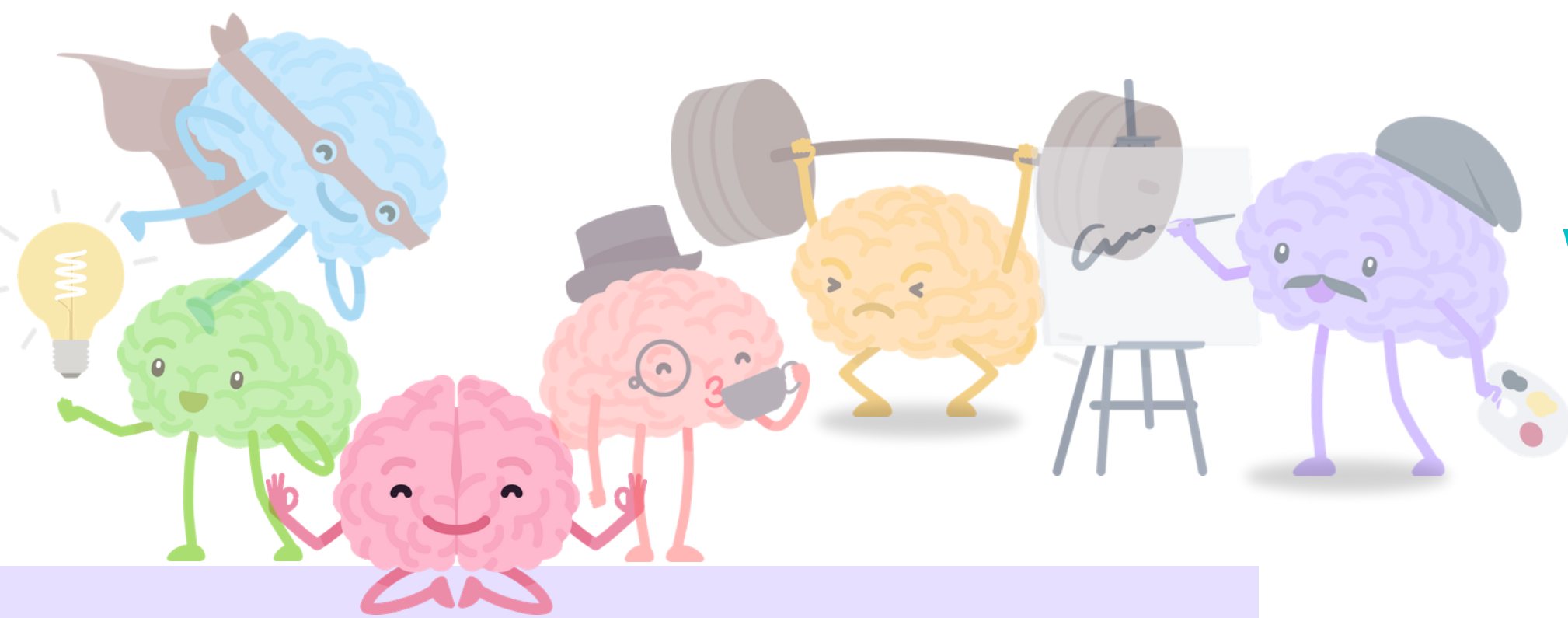


(age 13+) (age 13+)

Have you seen or heard something that makes you feel strange? Then **talk** about it. **Sharing** worries helps us to understand our feelings and find a way to learn and feel better.



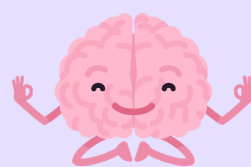
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Primary School



DIGITAL WELLBEING

DIGITAL WELLBEING

Hattie helps us stay healthy, happy and balanced when we use phones, tablets and computers. Screens are part of life — but our bodies and brains need care too!



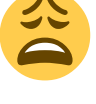
DON'T FORGET OFFLINE FUN!

Your body needs:

-  Movement
-  Creativity
-  Real conversations
-  Fresh air

YOUR BRAIN NEEDS BREAKS!

When you're online for a long time, your brain can feel:

-  Tired
-  Grumpy
-  Overwhelmed

✨Hattie's Healthy Habit✨

Take a break every 20–30 minutes. Stand up. Stretch. Wiggle. Breathe.

Screens are fun but life happens off–screen too!



SLEEP IS SUPERPOWER FUEL

Screens before bed can make it harder to fall asleep.

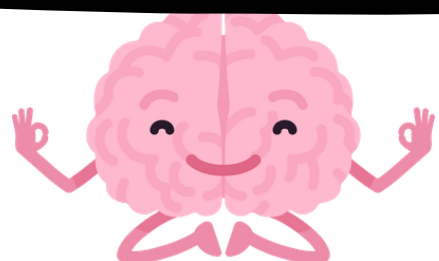


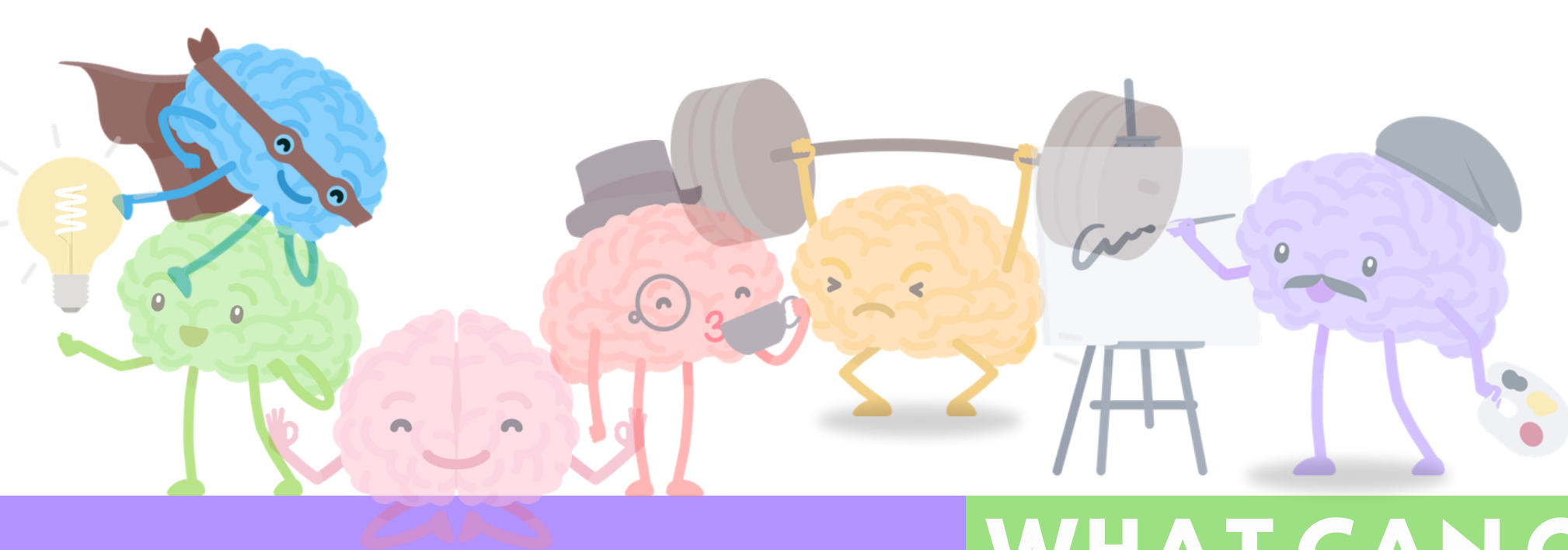
Hattie says:

Turn off screens at least 1 hour before bed
Keep devices out of your bedroom if you can
Let your brain rest!

Good sleep = better mood, better learning, better energy 💪

Want to take care of your inner Hattie?
Take screen breaks, move your body,
protect your sleep and talk about your
feelings.

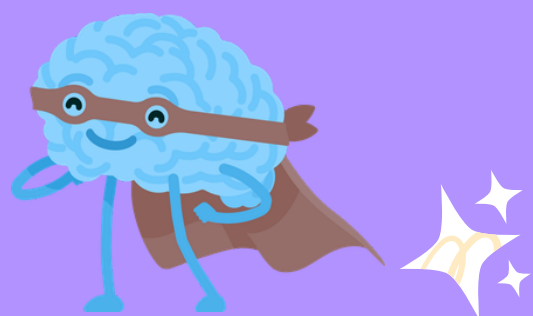




DIGITAL WELLBEING

ONLINE BULLYING

This is Beau! Beau has some really helpful tips for what to do when people aren't being kind online.



WHAT CAN ONLINE BULLYING LOOK LIKE?

- Mean or rude messages (trolling)
- Threatening behaviours
- Posting unkind videos or photos
- Spreading rumours
- Leaving someone out of a group

HOW IS ONLINE BULLYING DIFFERENT TO BULLYING FACE TO FACE?

	
Bullying happens face-to-face	Bullying happens through phones, computers, social media
Limited to certain places	Can happen anywhere and anytime
The bully is known and visible	The bully can be anonymous or use fake accounts
Sometimes hard to prove without witnesses	Leaves a digital footprint
The audience is small, only people nearby see or hear it	The audience can be huge, posts and messages can be shared quickly to a wide audience

USEFUL THINGS TO THINK...

What someone else is saying reflects who they are, not who I am.

I am in control of my happiness, no one has the right to take that from me.

WHERE CAN I GO FOR HELP?

Does it feel like you are being bullied? Have you seen someone else behaving like a bully? **Tell an adult you trust.** This could include an adult in school, a family member or a neighbour.

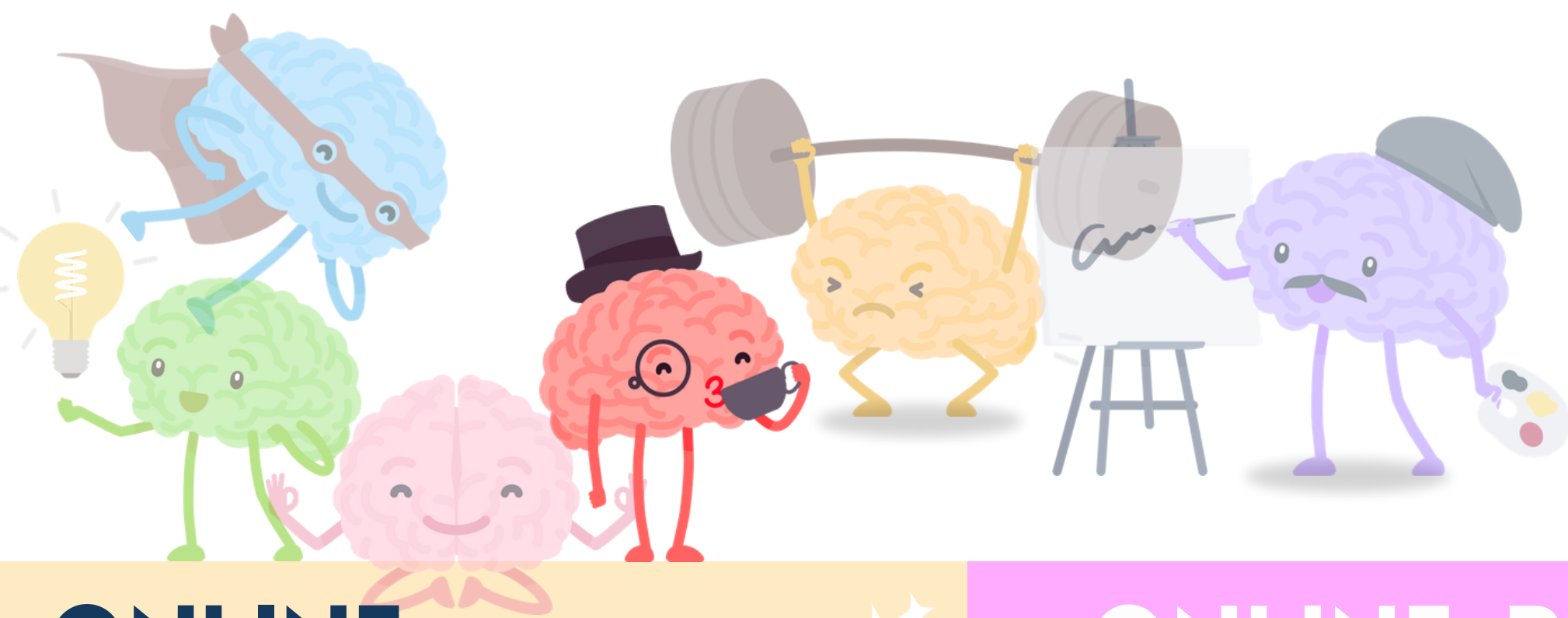


childline



They are **always** there to listen.

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



DIGITAL WELLBEING

ONLINE RELATIONSHIPS

Meet Rom. Rom is a relationship expert. Online relationships are connections we make using games, messaging apps, social media and learning platforms.



ONLINE RELATIONSHIPS

People you know in real life

People you've only met online

Both need care and kindness

HOW DO GOOD ONLINE FRIENDS BEHAVE?

- Kind and respectful
- Make you feel happy and comfortable
- Listen to you
- Accept no as an answer

HOW CAN ONLINE RELATIONSHIPS BE POSITIVE?

- Stay in touch with family and friends
- Work together and share ideas
- Have fun and feel included
- Learn new things

STAYING SAFE ONLINE

It is OK to:

- Keep some things private
- Block or mute someone
- Say no or stop chatting
- Never share your personal details, including your full name, school, address, passwords and photos.

Online relationships should make you feel:

happy calm confident

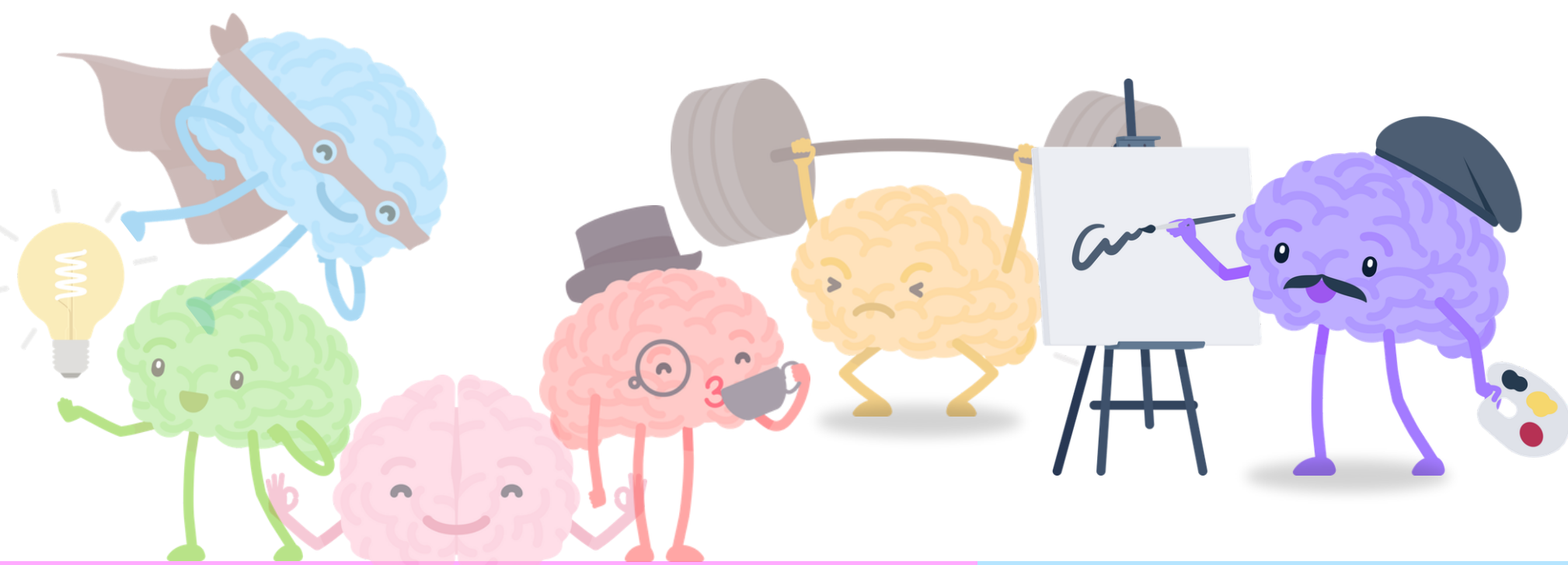
If someone makes you feel:

confused worried

uncomfortable

pause and talk to a trusted adult.



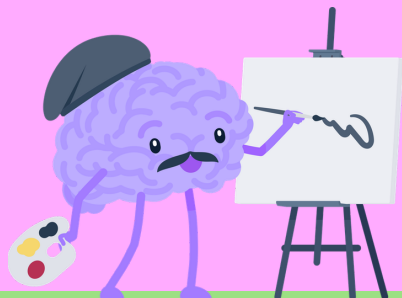


DIGITAL WELLBEING



SELF IMAGE AND IDENTITY

Say hello to Sid! Sid is going to teach us all about our online identity. Being online can be different to the real world. We can see ourselves, and others, in different ways.



HOW DOES THE INTERNET SHOW PEOPLE?

- People often share their best moments
- Photos and videos can be altered, filtered or even completely unreal (AI)



And it makes sense that people want to celebrate moments they are happy about, but REMEMBER what you see online isn't always the full picture.



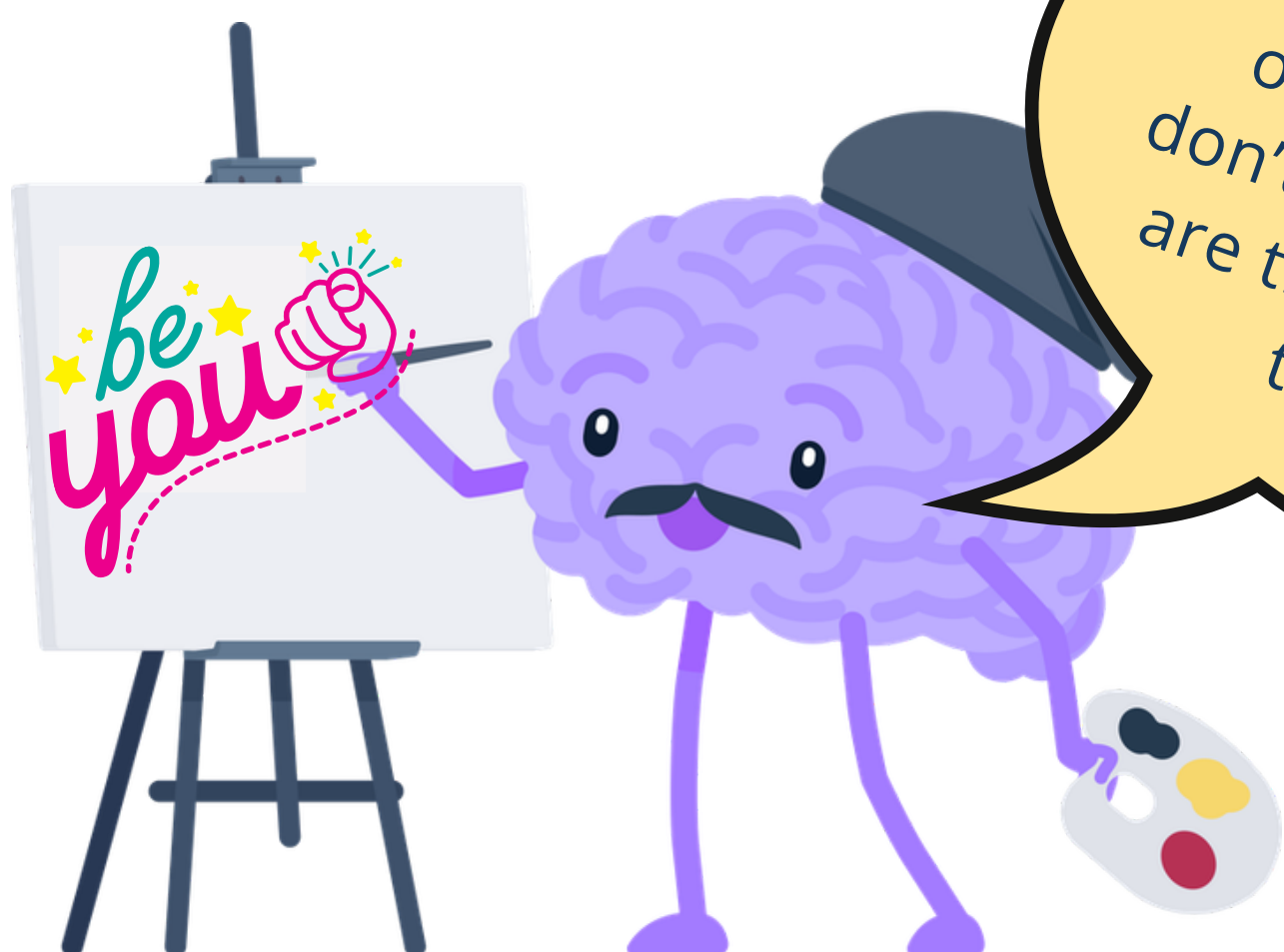
HOW CAN BEING ONLINE MAKE US FEEL?

- Not good enough
 - Left out
 - Worried about how we look
- These feelings are normal, but the right people will like you for who you are.



ONLINE
VS
REAL LIFE

Sid says, 'BE YOURSELF!' You don't need to copy others to fit in. If people don't accept you for who you are then do you really want them as a friend?



Newbridge
Primary School

★ BE REAL

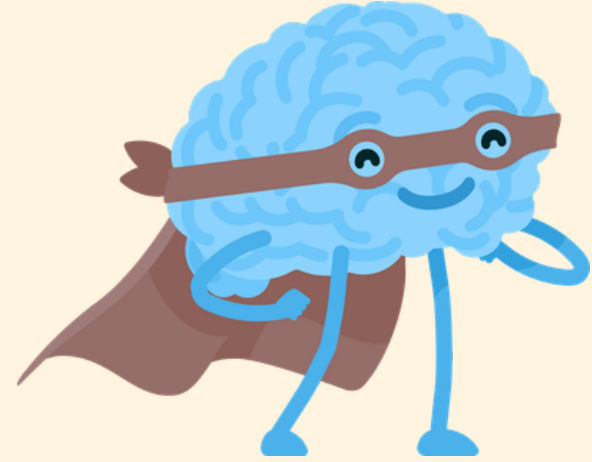
★ BE KIND

★ BE YOU

Meet the...

DIGITAL WELLBEING

SQUAD



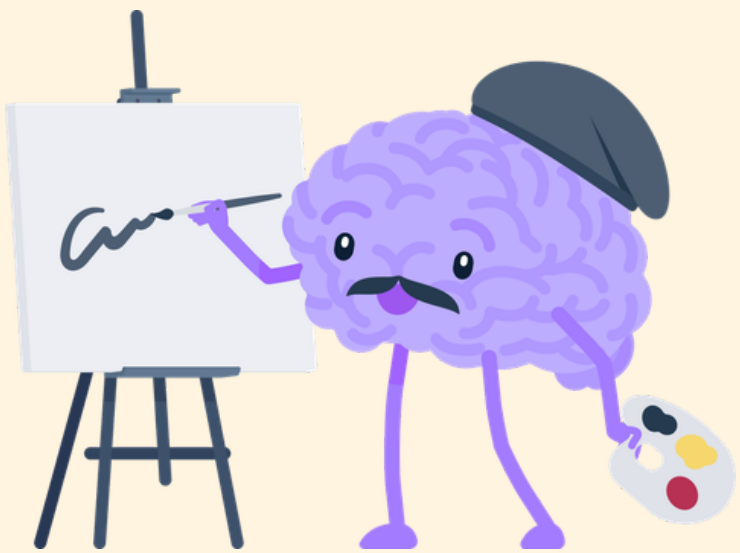
Beau
Online **b**ullying



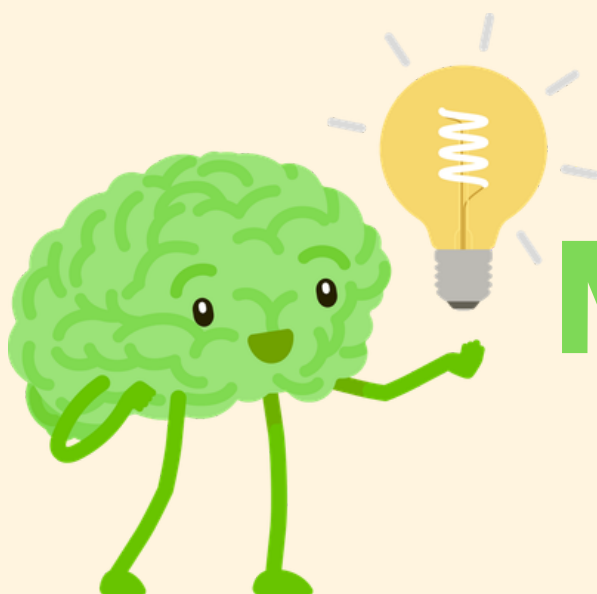
Rom
Online **r**elationships



Hattie
Health, wellbeing and
lifestyle



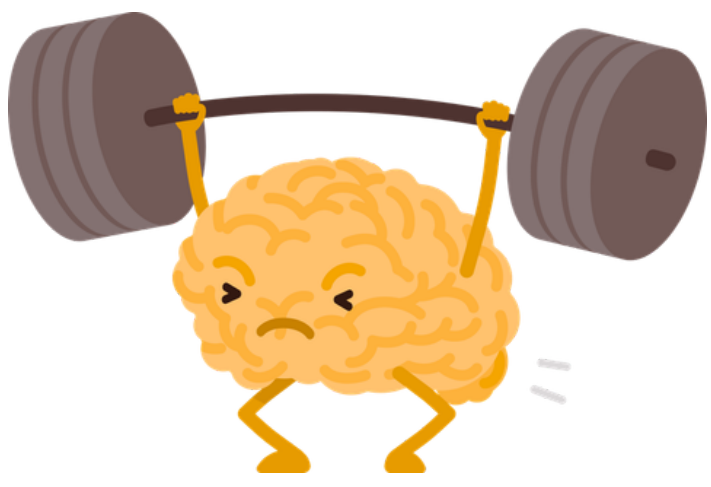
Sid
Self-image and identity



Molly
Managing information
online



Priya
Privacy and security



Priya

Privacy and security

Priya is the last member of the digital wellbeing squad to tell us her superpower. What do you think the poster needs to include?