



2BeSafe Parent Information: Health, Wellbeing and Lifestyle

Introduction to 2BeSafe

At school, we help children learn how to stay safe in today's fast-changing digital world through 2BeSafe, a programme created by 2Simple on Purple Mash. Based on the national Education for a Connected World guidance, 2BeSafe covers eight key areas that prepare children for life online. From Reception to Year 6, children take part in short sessions across the year, giving them clear teaching points and time to reflect and discuss their digital choices.

Health, Wellbeing and Lifestyle

Technology is a big part of children's lives, offering great opportunities for learning and fun but also affecting health and wellbeing. This strand helps children explore how technology influences mood, sleep, health, and relationships, while recognising both positives (like fitness or mindfulness apps) and negatives (such as too much screen time or age-inappropriate content). They also learn about online spending, persuasive design, and the importance of balance.

By the end of primary school, children develop strategies to use technology positively — taking breaks, setting limits, and balancing screen time with healthy habits.

What the Children will be Learning:

Reception: Children learn simple rules for staying safe and healthy when using technology at home and beyond. They practise giving examples of these rules, such as taking turns, asking before using a device, or taking breaks.

Year 1: Children begin to explain the rules that help them stay safe when using technology, both at home and in other places.

Year 2: Children learn that technology is used in many different environments, such as at home or in public places. They discuss simple guidance to keep themselves and others safe when using devices in these settings.

Year 3: Children explore the idea that spending too much time using technology can sometimes affect health, mood, sleep, or relationships. They learn to recognise both positive and negative online activities that can take up lots of time. They also discuss why some online content has age restrictions and why it is important to follow them, including what to do if they feel pressured to access something inappropriate.

Year 4: Children begin to recognise how technology can sometimes distract them from other activities. They talk about situations where it may be helpful to limit screen time and discuss simple strategies to manage this.

Year 5: Children develop a deeper understanding of how technology can affect health and wellbeing, both positively (such as through fitness or mindfulness apps) and negatively. They learn practical tips for healthy technology use, explore the benefits and risks of online health information, and understand the importance of checking things with trusted adults or professionals. They also learn about in-app purchases, loot boxes, and why they should always ask permission before spending money online.

Year 6: In their final year, children learn about systems that regulate age-related content (such as PEGI ratings for games or BBFC ratings for films) and why these are important. They explore how technology can create pressures, including persuasive designs that keep people online for longer. They also learn strategies to protect their health, such as taking breaks, using night-shift mode, sitting correctly, and balancing screen time with sleep, diet, and exercise.



Ways to Support Your Child at Home

- Create healthy routines** – Encourage regular breaks from screens, especially before bedtime, to support good sleep.
- Model balance** – Show your child how you balance online and offline activities in your own life.
- Talk about age restrictions** – Explain why games, films, and apps have age ratings and why it's important to stick to them.
- Discuss online spending** – Teach children about in-app purchases and the importance of asking permission before buying anything online.
- Encourage positive use** – Explore wellbeing apps, creative tools, or educational platforms together to show how technology can be helpful.
- Support self-awareness** – Ask your child how they feel after using technology — happy, calm, frustrated, or tired — and discuss strategies to manage those feelings.
- Help them recognise pressure** – Talk about how apps, games, and websites are sometimes designed to keep people online for longer, and explore ways to manage this, such as setting timers or using “night mode.”
- Keep conversations open** – Reassure your child that they can talk to you if they feel pressured or if technology is affecting their health, sleep, or relationships.