



## Key Facts

- It is important to consider your online friendships and sources of information
- People sometimes behave differently online, including by pretending to be someone they are not
- Limiting the amount of time spent online has many benefits for your mental and physical health

## By the end of this topic, I should:

- recognise the key values that are important in positive online relationships
- identify the feelings and emotions that may arise from online bullying
- develop coping strategies to use if we or someone we know is being bullied online
- identify how and who to ask for help

## Ask me a question!

- What are the positives and negatives of using computers and being online?
- How can you keep yourself and others safe online?
- If someone you know is being bullied online, what could you do?

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

|                            |   |
|----------------------------|---|
| <b>Online relationship</b> | <i>A relationship between people who have met online, and in many cases know each other only via the Internet.</i>                  |
| <b>Online bullying</b>     | <i>Bullying which takes place over digital devices, such as phones, tablets, and computers.</i>                                     |
| <b>Offensive</b>           | <i>Causing someone to feel upset or annoyed.</i>  |
| <b>Insulting</b>           | <i>Something that is rude, offensive, or disrespectful.</i>   |
| <b>Rude</b>                | <i>Not polite or kind.</i>  |
| <b>Device</b>              | <i>A piece of portable electronic equipment that can connect to the internet, such as a smartphone, tablet, or laptop computer.</i> |
| <b>Posting</b>             | <i>A piece of writing, image, or other item of content published online.</i>  |
| <b>False content</b>       | <i>Content published online that is false or misleading.</i>  |
| <b>Opinion</b>             | <i>A view or judgement formed about something, not necessarily based on fact or knowledge.</i>                                      |
| <b>Rumours</b>             | <i>A story or statement that is being passed around without confirmation that the information is true.</i>                          |