

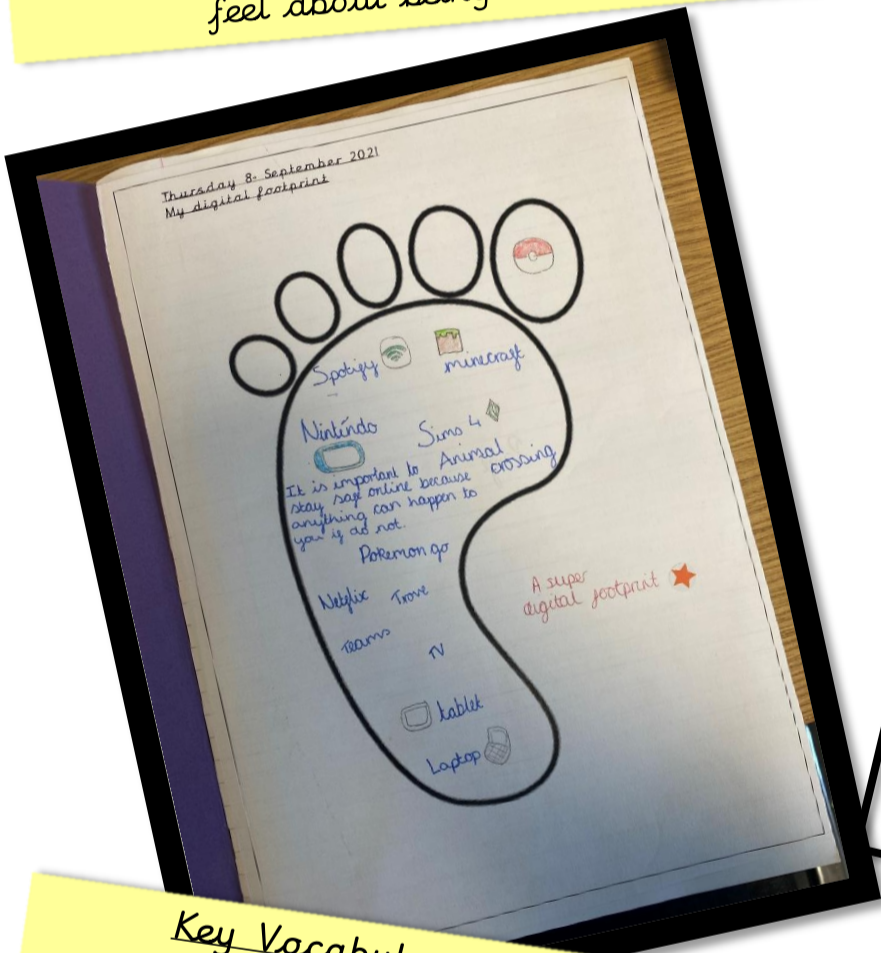
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Project Reflection – Autumn 1

Computing – Digital Citizenship

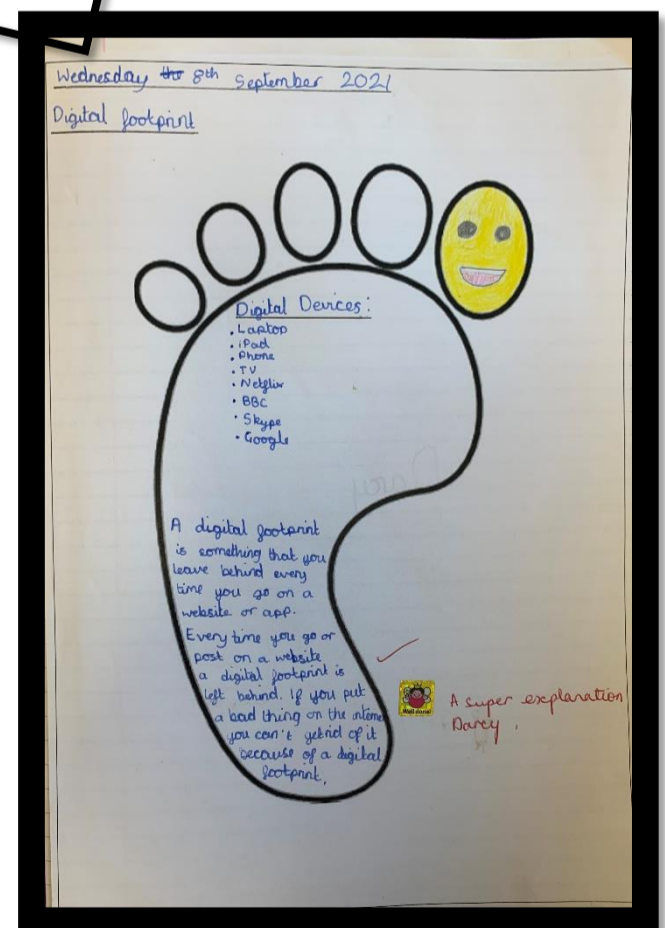
Digital Footprint

We discussed what a digital footprint is. WE found out that it is something that show's what we access online such as games; websites and apps. We looked at emoji's and chose the one which we thought was most beneficial to how we feel about being online.

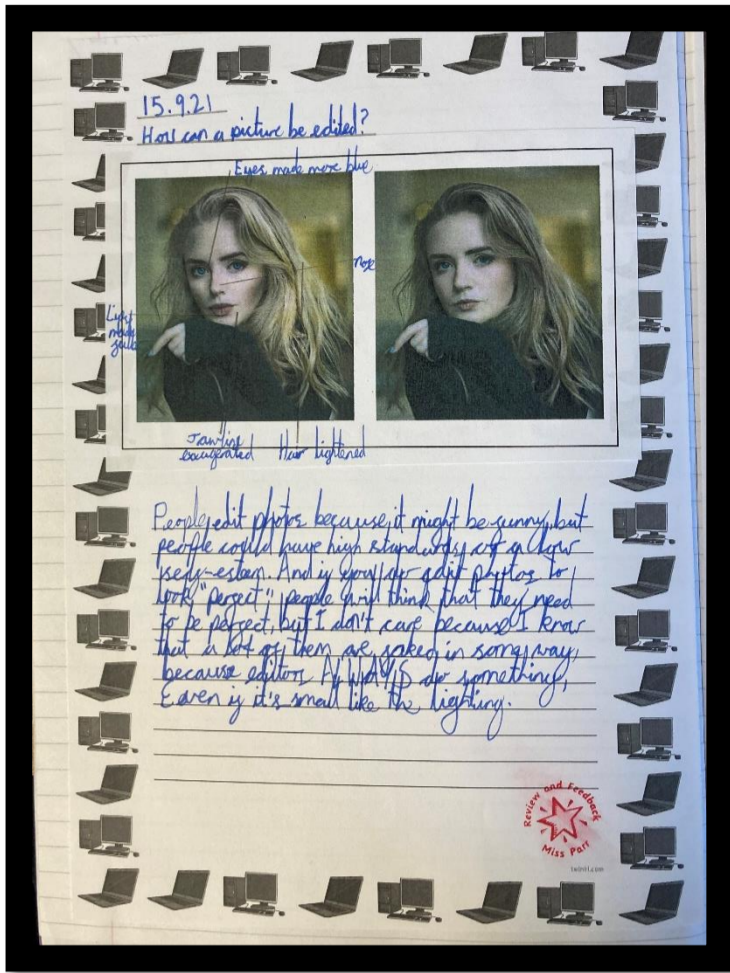


Key Vocabulary

- Identity
- IP address
- Communication
- Digital footprint

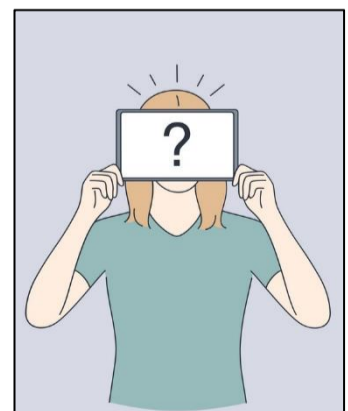
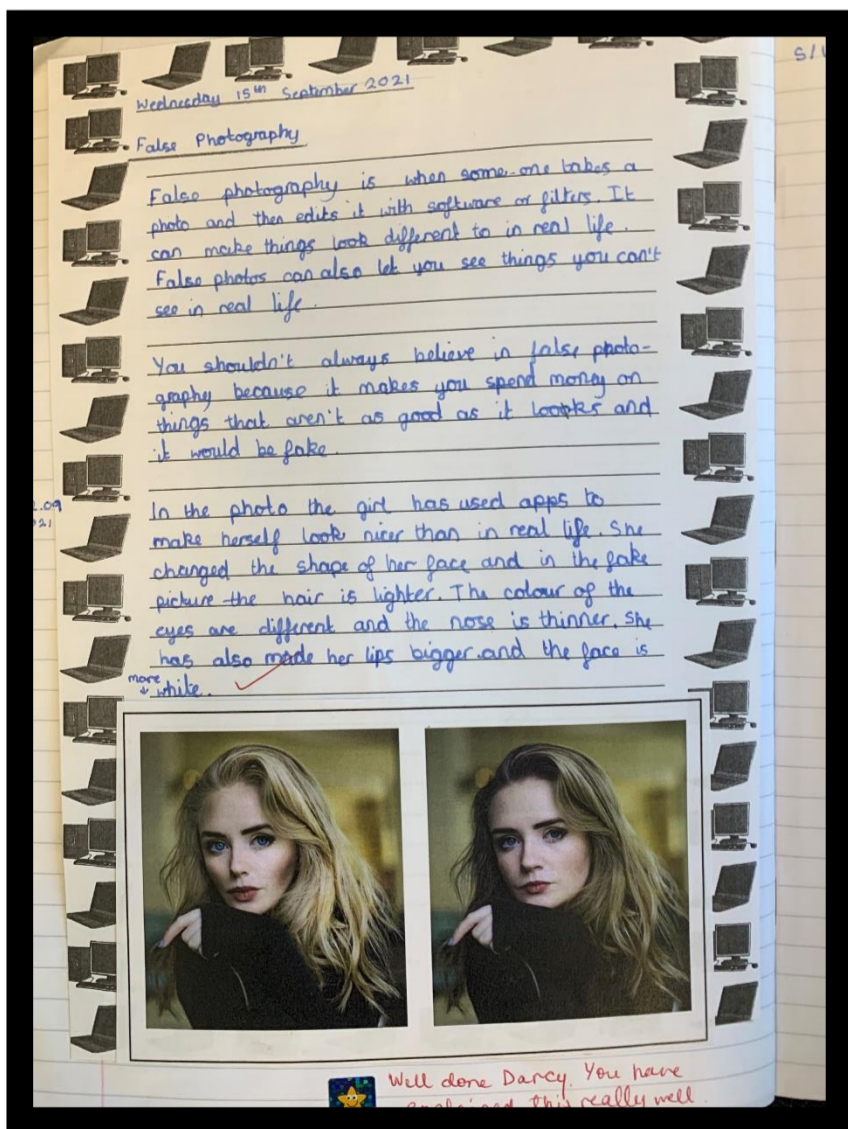
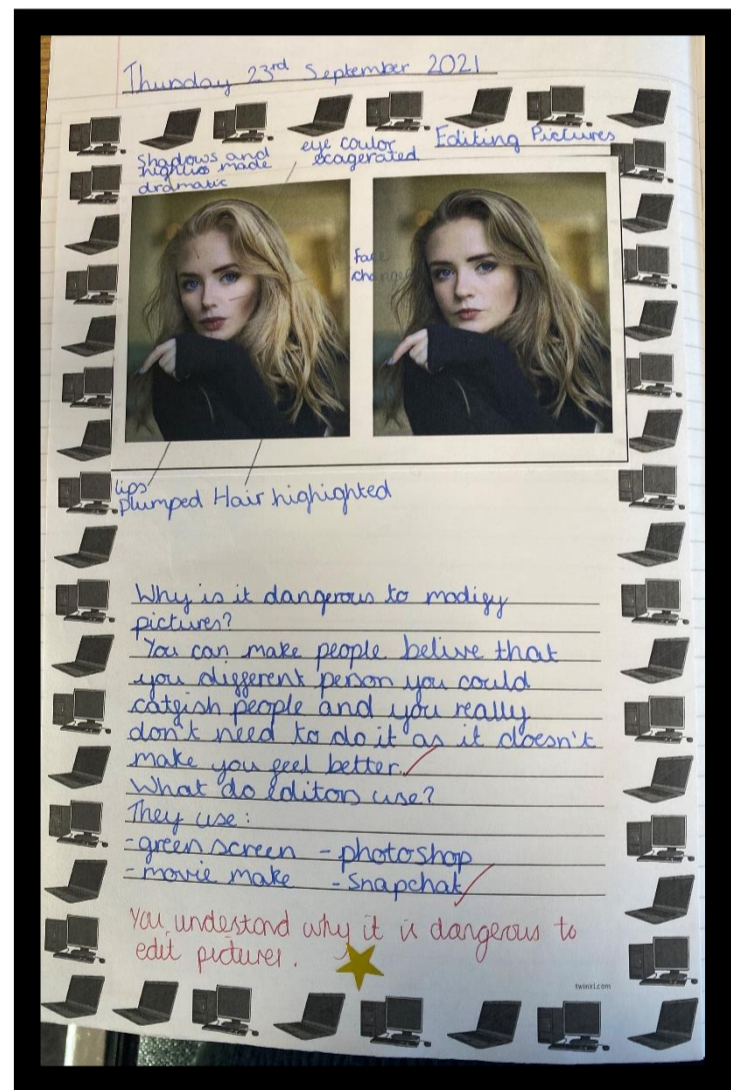


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Self-image and Identity

We discussed how our identity can be copied, modified or altered online. WE looked at how a picture had been edited which shows us how sometimes people aren't themselves online. We spoke about why it is dangerous to modify pictures and we know what to do of someone messages us who we don't know and makes us uncomfortable. We will always go and speak to a trusted adult.



Home Learning Link

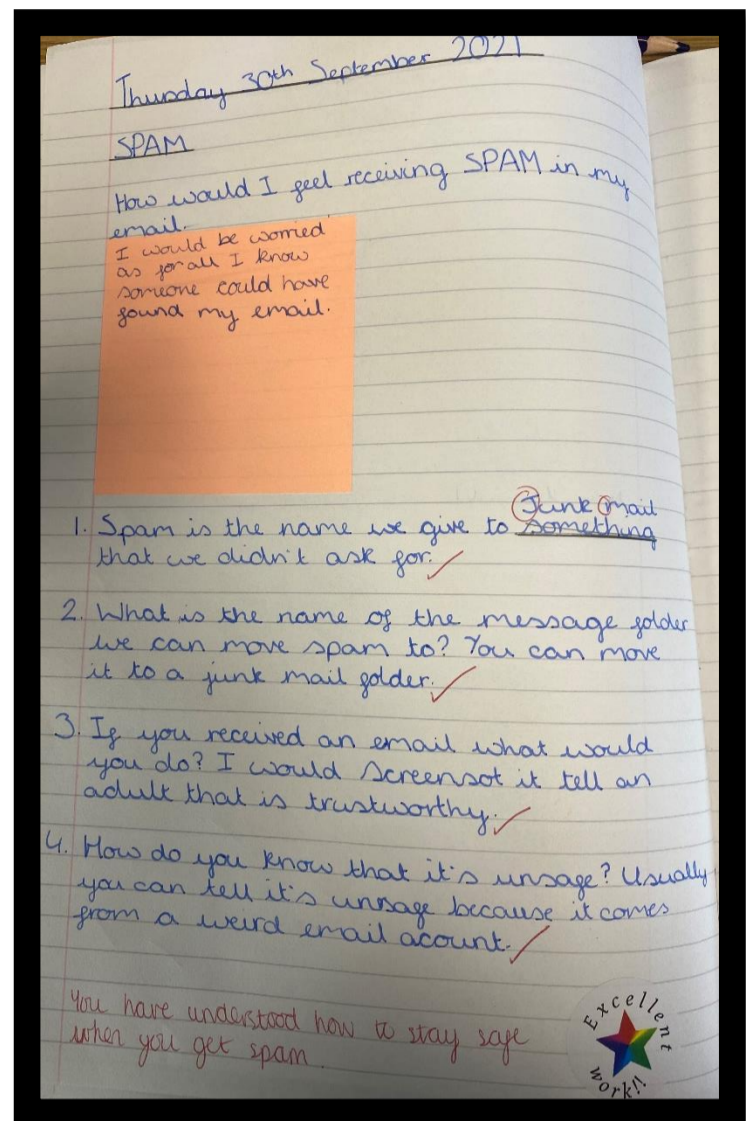
<https://www.bbc.co.uk/teach/safer-internet-day->

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Online relationships

We discussed how we get help when we are having trouble online and how to identify it. We know we should always see a trusted adult.

Sometimes we might receive SPAM emails. This means we get emails from people who we don't know, who want to sell us something or pretend we have won the lottery. We know what to do with SPAM email.

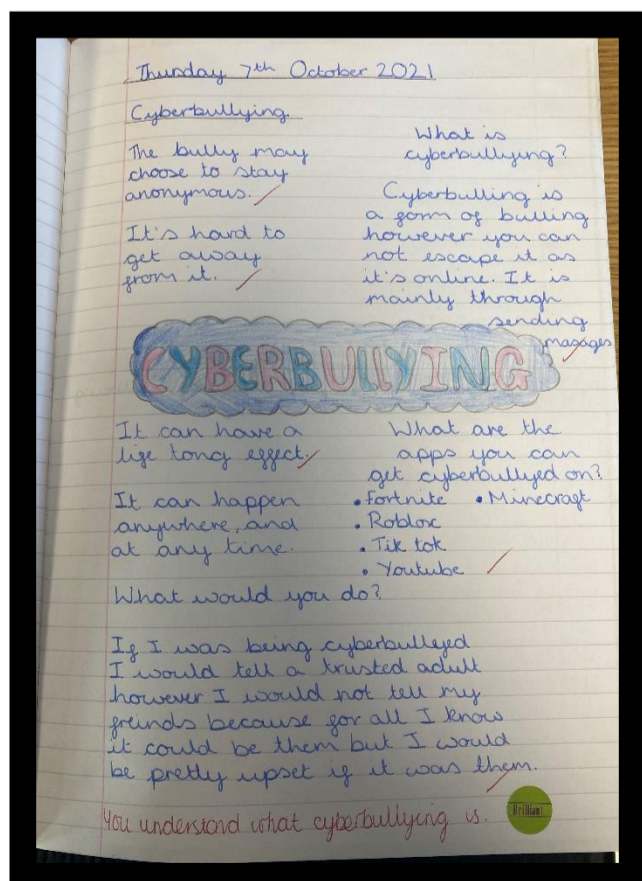


Online Reputation

We can describe ways that information about anyone online can be used by others to make judgments about an individual and why these may be incorrect. We know how to protect our identity.

What is cyberbullying?

- Cyberbullying is when you are online and playing a game or on a website and a person starts sending inappropriate things to you.
- Most of the time these things can hurt your feelings and can threaten to hurt you.
- Sometimes you aren't able to see who is doing it and where they are from.
- If it is posted on social media anyone in the world could know about you.



Cyberbullying

We can recognise how online bullying can be different to bullying in the physical world and can describe some of those differences. We know that there are helpline services which can help people experiencing bullying, and how to access them. We then discussed how to capture bullying content as evidence. We can screen-grab, use the URL, or find their profile to share with a trusted adult.



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You should trust your parents, friends, teachers, your parents friends and nobody else, of course do not tell anybody you don't know like strangers

WHO SHOULD YOU TRUST

PROS AND CONS OF BEING ONLINE

IF YOU USE THE INTERNET RESPONSIBLY YOU CAN FACE TIME/CALL YOUR RELATIVES AND FRIENDS. YOU CAN ALSO BE CHEERED UP BY SEEING MEMES ON THE INTERNET. YOU CAN MAKE PRESENTATIONS FOR WORK AND SCHOOL IF YOU NEED IT FOR AN ASSIGNMENT. YOU CAN ALSO PLAY DIFFERENT APPS AND VIDEO GAMES THAT ARE SUPER FUN.

However, there is also a dark side to the internet. You could see someone cyberbullying you/someone you know

Cyberbullying!

How does cyberbullying effect people?
Cyberbullying effects people by making them feel angry, upset or worried. It can also make them feel uncomfortable or unable to speak (speechless). It can make people not as confident as usual.

What is cyberbullying?
Cyberbullying is where someone online says something mean, inappropriate or very hurtful, it can also be when someone calls you names or they abuse you.

The difference between bullying and cyberbullying
Bullying
Bullying is where you bully or get bullied in person or physically.
Cyberbullying
Cyberbullying is where you get bullied online such as by message.

WELLBEING ONLINE

Pros
There are great things about the internet like:
Facts
Entertainment
Education
Communication
Presentations for business
Convenience

Cons
However there can be awful things about the internet like:
Payments
Aggressiveness
Pressure
Lack of sleep/education
Laziness
Addiction
Eyesight

As you can see the internet is balanced, there can be good things but also bad.

Health, wellbeing and lifestyle.

We discussed how we can be safe online, what we can do to ensure we protect our wellbeing. We can explain how sharing something online may have an impact either positively or negatively. We looked at different strategies to limit the impact of technology on health such as night-shift mode, regular breaks, correct posture, sleep, diet and exercise.

We looked strategies, tips or advice to promote health and well-being with regards technology which allows us to recognise the benefits and risks of accessing information about health and well-being online and how we should balance this with talking to trusted adults and professionals.

Digital Wellbeing

Give yourself a set screen time

Your digital go wellbeing means being able to tell yourself what you can or can't do

Never share any personal information

We should always feel happy and safe online

You should only watch and assess

You understand why digital wellbeing is important

Excelleat effort!

What is digital wellbeing?
Are digital wellbeing is how things online can effect us on how we feel, behave and think

If you are starting to get bored and want exercise
If you begin to feel a headache coming on go outside and have a cold glass of water, the cause of the headache was probably watching or playing on electronics for to long!

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We should always be kind to everyone online and not mean

