

Progression in PSHE - Online Safety

Nether Edge Primary 2024/2025



	Nursery	Reception	Y1	Y2	Y3	Y4	Y5	Y6
Computing lessons			Passwords [C1] - Why do we need passwords?	What is the internet? [C2] Accepting messages [C3] - Understand that computer viruses can damage our computers, phone and tablets	Passwords [C5] - Why do we need passwords?	Targeted advertising [C1] - Understand that websites use our age to target adverts at us Copyright [C3]	Game ratings [L6] - Understand why age ratings on movies and games are important	Echo Chambers [N5] In-app purchases and credit card information [C3]

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Responsibility and respect, human rights and democracy		I can identify rules that help keep us healthy and safe online and give examples.	I can explain rules to keep me safe when using technology in and beyond the home.	I can explain simple rules for using online technology including being kind. [P3/S2]				
All about me including: self-esteem, how we grow as individuals including recognising their own and others emotions.				Understand that news online can be scary and upsetting [N2]			Understand how self-esteem and confidence affect how we behave online. [L2]	
Strategies and skills for keeping themselves safe including online	Feeling safe online [S2] (See RHSE file – online safety resources)	Communicating online and personal information [S1/3]	Why should we keep our personal information safe online and what can I do safely online? [S1] What can happen if we spend too much time online?	To understand what online strangers are and that we shouldn't share our private and personal information to strangers [S1] How to search safely online. [P3] Who puts things on the internet? (Fake news) [N2]	Who do we trust online and how do we detect suspicious messages? [C4] How do we keep our personal information safe online? [P2] Learn how to be safe with online friendships including peer pressure	Understand how personal information is used online [C2] To be able to analyse digital content [N1] To understand how to verify online content [N3]	Understand control and consent online [S1] Understand how to protect your identity online [P1] Understand the dangers of online strangers [P4] Understand that our personal information can be used to make money and target us with advertising [C1]	Become more digitally literate by being able to analyse digital content [N1] Understand that not everything you read online is true or without bias [N2] Protecting images of us online.[P2] Does the internet make us happy? [L7]

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Relationships		<p>Who's in my family?</p> <ul style="list-style-type: none"> - Understand that these people are all connected in different ways, and that these connections are important (including online). [S1] <p>Who is my friend?</p> <ul style="list-style-type: none"> - Understand that there is a difference between close friends, friends, acquaintance, member of my community. <p>What is an online friend?</p> <ul style="list-style-type: none"> - Understand that it is easy to hide your identity online. - Understand it is important to be kind online. <p>How do our actions impact others?</p> <ul style="list-style-type: none"> - Take responsibility for what we say and do. Including when messaging online. <p>What is bullying?</p> <ul style="list-style-type: none"> - To know that bullying is several times on purpose and that it is unacceptable including online. 	<p>When should I say no?</p> <ul style="list-style-type: none"> - I can say 'no' online when someone makes me feel sad. <p>How can I be kind online? [S2]</p> <ul style="list-style-type: none"> - Being kind online is just as important as real life. - Identify what makes a good friend online and what to do when people are unkind. <p>What is bullying and how can it impact others?</p> <ul style="list-style-type: none"> - To know that bullying is several times on purpose. - To understand how bullying can make others feel. Know that this can happen online too. 	<p>Should friends tell us what to do?</p> <ul style="list-style-type: none"> - Understand that there is not an ideal number of friends (online friends) - Understand that being controlling of other people is bad and that excluding other children is hurtful – including online - Recognise that there may be people online that make us feel sad or embarrassed. <p>How should we communicate online and what should I do if I feel uncomfortable? [P2]</p> <ul style="list-style-type: none"> - Understand what information we share online with people we don't know. - What is inappropriate on the internet and what to do if they feel uncomfortable <p>What is bullying and how can we report it?</p> <ul style="list-style-type: none"> - To understand that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable. - To know how to report bullying (online and offline) and the importance of telling a trusted adult. 	<p>What makes a good friend (offline and online)?</p> <ul style="list-style-type: none"> - Understand that our actions can affect other people's feelings including online. - Learn what we can do to maintain healthy relationships. <p>Are friendships always fun (online and offline)?</p> <ul style="list-style-type: none"> - Develop techniques to deal with conflict within friendships <p>How should we respond to hurtful behaviour and get support?</p> <ul style="list-style-type: none"> - Identify strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others). - How to report any concerns and get support. 	<p>How should we treat people in school and wider society including online?</p> <ul style="list-style-type: none"> - To know that everyone, should expect to be treated politely and with respect by others in school and in wider society. 	<p>How do I accept my friends for who they are?</p> <ul style="list-style-type: none"> - Challenging gender stereotypes including online [L2] <p>Can you identify and define the different types of bullying?</p> <ul style="list-style-type: none"> - Identify and define the different types of bullying including: direct, indirect, online, homophobic, racist, physical and emotional. [S2] 	<p>Should friends tell us what to do?</p> <ul style="list-style-type: none"> - How to respect boundaries online. - Identify behaviour that is controlling or manipulative (online) <p>Can I identify and understand toxic and unhealthy relationships?</p> <p>Understand what healthy and toxic relationships are and be able to put scenarios (including online) on a scale. [P3]</p> <p>Can I identify toxic and unhealthy relationships and build confidence to act upon it?</p> <ul style="list-style-type: none"> - Acting out how to respond to unhealthy and toxic relationships (including online). <p>What is prejudice and how should we respond?</p> <ul style="list-style-type: none"> - To understand what stereotypes are and how they can negatively influence behaviours and attitudes towards others including online. - To develop strategies for challenging stereotypes and prejudice online [L2]

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Healthy minds and bodies		<p>Health and wellbeing online, including sleep</p> <ul style="list-style-type: none"> - Understand screen time and sleep [L1] - Understand how to choose which games to play and videos to watch safely. [L2] 	<p>Mental Wellbeing</p> <p>-explore ways to improve our mental wellbeing including sleep and screen time [L1]</p>	<p>Physical Health</p> <p>How do I help my body stay healthy?</p> <p>-Understand why we have a bed time and that we need sleep. [L1]</p>	<p>How does sleep affect our mental health? [L2]</p> <p>How does screen time affect our well-being? [L1]</p>	<p>Physical Health</p> <p>How do I keep my body healthy?</p> <ul style="list-style-type: none"> - The consequences of sleep deprivation and spending too much time online. [L1/2] <p>Understanding what is appropriate online. [L3]</p>	<p>Mental wellbeing</p> <p>Understanding how to spend a healthy amount of time online</p> <ul style="list-style-type: none"> - Recognise that our identities are defined by both our online and offline activities [L4] - Understand that the online world creates unique issues, which can affect our self-image, mental health and identity [L2] 	<p>Should we be happy all the time?</p> <ul style="list-style-type: none"> - Impact of social media anxiety. [L1]