Preston Primary School Knowledge Organiser

Preston Primary School

Topic: PSHE	Term: Summer 1	Year: Unit 4	Duration: 5 weeks

The Powerful Knowledge we will take away from this PSHE Puzzle:

Knowledge	Social and Emotional Skills
I will…	**I will …**
• - Know that there are rights and responsibilities in an online community or social network	• -Can suggest strategies for building self-esteem of themselves and others
• Know that there are rights and responsibilities when playing a game online	• Can identify when an online community/social media group feels risky, uncomfortable, or unsafe
• Know that too much screen time isn't healthy	• Can suggest strategies for staying safe online/ social media
• Know how to stay safe when using technology to communicate with friends	• Can say how to report unsafe online/social network activity
• Know that a personality is made up of many different characteristics, qualities and attributes	• Can identify when an online game is safe or unsafe
• Know that belonging to an online community can have positive and negative consequences.	• Can suggest ways to monitor and reduce screen time
	• Can suggest strategies for managing unhelpful pressures online or in social networks

Our Key Vocabulary	Meaning
Personal attributes	**Personal attributes** are parts of your personality that make you unique. We can explore our personal attributes to know what we are good at, what we want to get better at and how resilient we are to keep trying to achieve our goals.

Self-talk is the act of talking to yourself either out loud or silently in your head. Our self-talk can be positive and helpful or negative and unhelpful. |
| Negative + and positive self-talk | |
| Social network Peer pressure | Our Social Network is made up of all the connections, interactions and personal relationships we have in our lives.

Peer Pressure is the influence others can have on our decisions, thoughts and actions. Sometimes we can be pressured into making choices we wouldn't normally make so we don't stand out from the crowd or for fear of being seen as uncool by our friends. |
| Online Risks: | Online Risks is the potential harmful information that can been seen when online. Information can be viewed as harmful if it makes us feel worried or uncomfortable. It is usually information that is unregulated which means safe people are not checking it is ok for us to see, hear or watch. |
| Appropriate Screen time

Physical + and Mental health | Screentime is the amount of time you spend using an electronic device. Appropriate screentime means that you also make time to spend doing other activities that keep you physical and mental well-being healthy. |
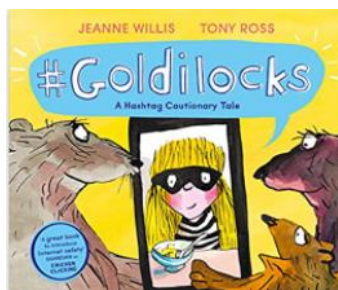
What I already know: I will have explored how to cope with change and know that this is a natural experience within all of my relationships. I will have practised skills of negotiation and learnt that sometimes it is better to end relationships if they cause hurt and upset.
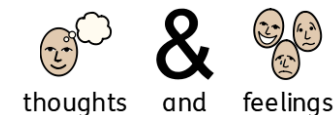
Family Talk Time Learning:

• What online games do you like to play? Who do you play them with?

• Do you ever talk to people you don't know online?

• How do you know if people you talk to online are really who they say they are?

• What would you do if you saw or heard something online that made you feel uncomfortable?

• How much screen time do you think you should have every day?

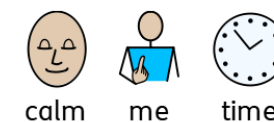• How shall we spend some special family time?

Texts that Teach:

JEANNE WILLIS   TONY ROSS
#Goldilocks
A Hashtag Cautionary Tale

Personal reflections: Ask and tell yourself...

thoughts   &   feelings

How many ways do you use the internet in a positive way?

Mindfulness Activities to try:

calm   me   time

Think about people who are important to you and how our relationships with these people help us to learn, grow and be healthy.