

Developing a healthy, safer lifestyle

VOCABULARY

Benefits: a good thing

Consequences: the result of something that happened earlier

Gaming: playing games on a computer

Concerned: worried or anxious about something

Report: tell somebody

Online: on a computer using the internet

Offline: on a computer not using the internet

Relationships: connections between people

Excessive use: too much of something

Anonymous: you don't know who the person is

ONLINE RELATIONSHIPS – YEAR 3

STICKY KNOWLEDGE

We use technology on a daily basis – it has many benefits.

We need to ration the amount of time we spend online. Excessive use can have an impact on mental and physical well-being.

We should respect people online (including when they are anonymous) in the same way we respect people we meet in real-life.

Always tell parents or teachers if you are concerned or upset by any online contact.