

# Health, Well-being and Lifestyle

I can explain rules to keep us safe when we are using technology both in and beyond the home.

## Outcome Criteria

- Tell you the rules around their own use of technology in and beyond the home.
- Explain why these rules help keep them safe.
- Identify rules that apply to safety and rules that apply to health/well-being
- Emerging awareness of how rules may change with simple changes in context (where they are, what they are doing and who they might be with)

## Questions To Ask

- What things do you do most at home when you are using technology online?
- What do you enjoy most? Why?
- What things make you unhappy/angry/sad/annoyed when you use technology?
- Do you have any rules at home for using technology? What are they?
- Do you have any rules at school for using technology? What are they?
- Why do you think we have these rules?
- What happens if you follow the rules (e.g. rewards)?
- What happens if you don't follow the rules (e.g. sanctions)?
- Which rules do you think keep you safe?
- Which rules do you think help you to look after your body and brain?

## Activity Descriptor

How do your rules help you?

Use 2 sorting hoops or stations posted around the room displaying the [rule headings](#):

- Rules to keep us safe online
- Rules to keep us happy and healthy online

Begin by discussing with children the difference between rules that keep us safe and those that make sure we are happy and healthy, eg an example of a rule to keep us safe would be not running with scissors, an example of one to keep us happy and healthy is to take it in turns when using equipment.

Read out the **statements** and allow children time to sort them into the hoops or move to the appropriate station. Ask them to explain their reasoning focusing on the difference between being safe online and feeling happy and healthy online, eg taking breaks whilst playing my games would keep me happy and healthy so that my eyes don't hurt.

Depending on the ability of the children give them a chance to suggest their own rules for other children to respond to in the same way as above.

### Task:

Draw a picture of a rule that helps at home (e.g. not having technology whilst having dinner)

Draw another picture of a rule that helps when not at home (school; walking; in car; at friends)



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# Rule headings

I can **identify** times or situations when I might need to limit the amount of time I use technology.





Rules keep us **safe**  
online



# Rules to keep us happy and healthy online



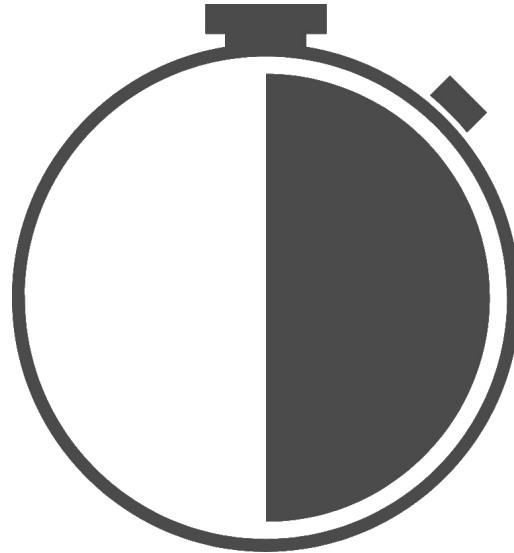
# Rule statements

I can **explain** rules to keep us safe when we are using technology both in and beyond the home.



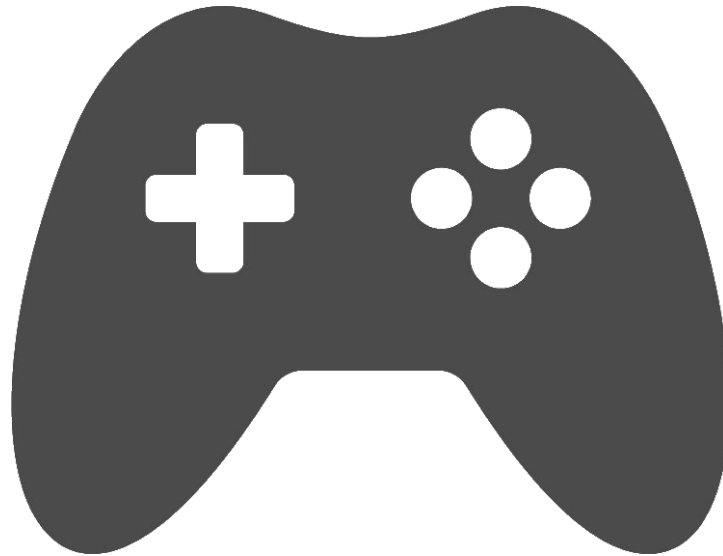


I will take a break every 30 minutes.





I will only play games twice a week.





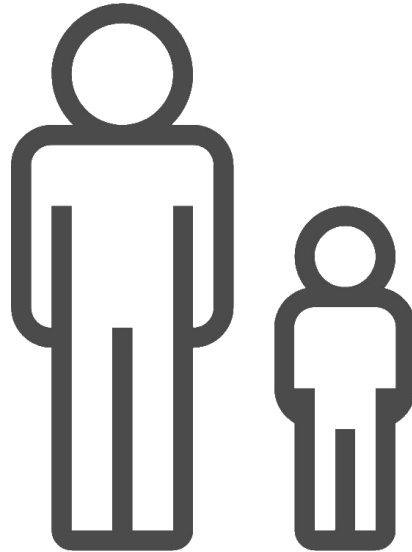


I will only use chat within games with my parents.





I will tell an adult if something worries or upsets me online.



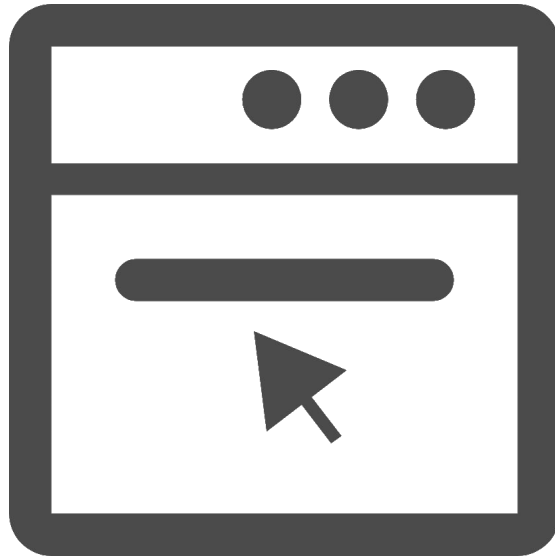


I will check with my parents before sending messages online.



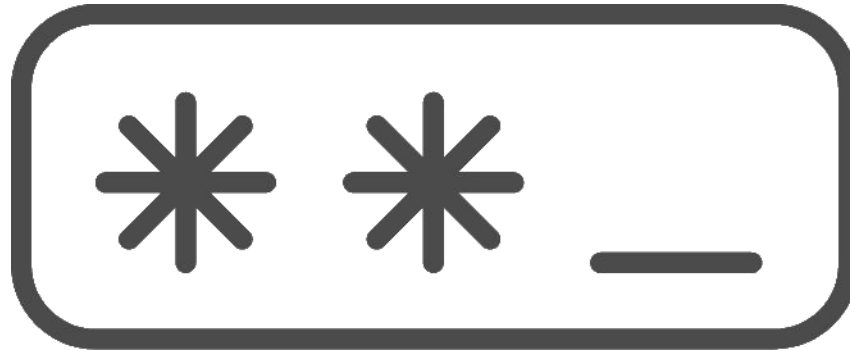


I will always check with my parents  
before clicking on links.





I will only share my password with my  
parents.





I will only play games or use apps that i have agreed with my parents.





I will only buy things in games if my  
parents say it's okay.





I will only search for things online with  
my parents help.

