Online Safety LTP 22/23

Subject	Autumn 1 Objectives	Autumn 2 Objectives	Spring 1 Objectives	Spring 2 Objectives	Summer 1 Objectives	Summer 2 Objectives
EYFS	Health, Well Being and Lifestyle	Online Relationships	Managing Online Information	Self Image and Identity	Privacy and Security	Online Bullying
	I understand what is meant by screen time. I can identify types of screen time. I can talk about when I have screen time.	I can recognise that not everybody online/offline is a 'safe' person. I can explain who I trust and why.	I can list age appropriate games and websites I know how to find these apps on a device.	I understand that when I type something online it never disappears. I know that when I send a picture or video online it never disappears	I know what a password is and the purpose of having it. I know not to share my passwords with friends	I can describe ways that some people can be unkind online. If something happens that makes me feel sad, worried, uncomfortable or
	I understand what an unhealthy/healthy amount of screen time is. I understand the effects of too much screen time. I can suggest alternative activities to screen time.	I know who to talk to online/offline I know who to talk to if someone tries to speak to me online/offline that I don't know. I can give examples of lies people might tell online.	I can safely click on and off an app. I know how to switch off a device. I know when not to use an app or website.	I understand the risks of positing videos on youtube/social media. I understand safe ways to hide my identity.	I know not to share information with strangers. I understand how to behave safely online.	frightened I can give examples of when and how to speak to an adult I can trust and how they can help. I can describe how to behave online in ways that do not upset others
	Online Relationships	Self Image and Identity	Online Bullying	Managing Online Information	Health, Well Being and Lifestyle	Privacy and Security
Year 1	I can recognise some ways in which the internet can be used to communicate. I can give examples of how I (might) use technology to communicate with people I know. I can give examples of when I should ask permission to do something online and explain why this is important. I can explain who I should ask before sharing things about myself or others online. I can identify who can help me if something happens online without my consent. I can explain why I have a right to say 'no' or 'I will have to ask someone'	I can recognise, online or offline, that anyone can say 'no' / 'please stop' / 'I'll tell' / 'I'll ask' to somebody who makes them feel sad, uncomfortable, embarrassed or upset. If something happens that makes me feel sad, worried, uncomfortable or frightened I can give examples of when and how to speak to an adult I can trust and how they can help. I can recognise that there may be people online who could make someone feel sad, embarrassed or upset I can explain how other people may look and act differently online and offline. I can give examples of issues online that might make someone feel sad, worried, uncomfortable or frightened; I can give examples of how they might get help.	I can describe ways that some people can be unkind online. I can offer examples of how this can make others feel. I can describe how to behave online in ways that do not upset others and can give examples. I can explain what bullying is, how people may bully others and how bullying can make someone feel. I can explain why anyone who experiences bullying is not to blame. I can talk about how anyone experiencing bullying	I can talk about how to use the internet as a way of finding information online. I can identify devices I could use to access information on the internet. I can give simple examples of how to find information using digital technologies e.g. search engines, voice activated searching). I know / understand that we can encounter a range of things online including things we like and don't like as well as things which are real or make believe/ a joke. I know how to get help from a trusted adult if we see content that makes us feel sad, uncomfortable, worried or frightened.	I can identify rules that help keep us safe and healthy in and beyond the home when using technology. I can give some simple examples of these rules. I can explain rules to keep myself safe when using technology both in and beyond the home. I can explain simple guidance for using technology in different environments and settings e.g. accessing online technologies in public places and the home environment. I can say how those rules / guides can help anyone accessing online technologies	I can identify some simple examples of my personal information (e.g. name, address, birthday, age, location). I can explain that passwords are used to protect information, accounts and devices. I can describe who would be trustworthy to share this information with; I can explain why they are trusted. I can explain why it is important to always ask a trusted adult before sharing any personal information online, belonging to myself or others. I can explain and give examples of what is meant by 'private' and 'keeping things private'.
Year 2	Online relationships	Online Reputation	Online Bullying	Managing online information	Copy write and Ownership	Privacy and Security
	I can explain why it is important to be considerate and kind to people online and to respect their choices. I can explain why things one person finds funny or sad online may not always be seen in the same way by others. I can give examples of how someone might use technology to communicate	I can identify ways that I can put information on the internet. I can describe what information I should not put online without asking a trusted adult first. I can recognise that information can stay online and could be copied.	I can describe ways that some people can be unkind online. I can offer examples of how this can make others feel. I can describe how to behave online in ways that do not upset others and can give examples.	 I can use simple keywords in search engines. I can demonstrate how to navigate a simple webpage to get to information I need (e.g. home, forward, back buttons; links, tabs and sections). I can explain what voice activated searching is and how it might be used, 	I know that work I create belongs to me. I can name my work so that others know it belongs to me. I can describe why other people's work belongs to them. I can explain why work I create using technology belongs to me.	I can explain how passwords can be used to protect information, accounts and devices. I can recognise more detailed examples of information that is personal to someone (e.g where someone lives and goes to school, family names).



 with others they don't also know offline and explain why this might be risky. (e.g. email, online gaming, a pen-pal in another school / country). I can describe different ways to ask for, give, or deny my permission online and can identify who can help me if I am not sure. I can explain who can help me if I feel under pressure to agree to something I am unsure about or don't want to do. I can identify who can help me if something happens online without my consent. I can explain how it may make others feel if I do not ask their permission or ignore their answers before sharing something about them online. I can explain why I should always ask a trusted adult before clicking 'yes', 'agree' or 'accept' online. 	I can explain how information put online about someone can last for a long time. I can describe how anyone's online information could be seen by others. I know who to talk to if something has been put online without consent or if it is incorrect.	I can explain what bullying is, how people may bully others and how bullying can make someone feel. I can explain why anyone who experiences bullying is not to blame. I can talk about how anyone experiencing bullying can get help.	and know it is not a real person (e.g. Alexa, Google Now, Siri). I can explain the difference between things that are imaginary, 'made up' or 'make believe' and things that are 'true' or 'real'. I can explain why some information I find online may not be real or true.	I can say why it belongs to me (e.g. 'I designed it' or 'I filmed it''). I can save my work under a suitable title / name so that others know it belongs to me (e.g. filename, name on content). I understand that work created by others does not belong to me even if I save a copy. I can recognise that content on the internet may belong to other people.	I can explain how some people may have devices in their homes connected to the internet and give examples (e.g. lights, fridges, toys, televisions). I can describe and explain some rules for keeping personal information private (e.g. creating and protecting passwords).
Year 3 Online Relationships I can describe ways people who have similar likes and interests can get together online. I can explain what it means to 'know someone' online and why this might be different from knowing someone offline. I can explain what is meant by 'trusting someone online', why this is different from 'liking someone online', and why it is important to be careful about who to trust online including what information and content they are trusted with. I can explain why someone may change their mind about trusting anyone with something if they feel nervous, uncomfortable or worried. I can explain how someone's feelings can be hurt by what is said or written online.	Online Reputation I can explain how to search for information about others online. I can give examples of what anyone may or may not be willing to share about themselves online. I can explain the need to be careful before sharing anything personal. I can explain who someone can ask if they are unsure about putting something online. I can describe how to find out information about others by searching online. I can explain ways that some of the information about anyone online could have been created, copied or shared by others.	Online Bullying I can describe appropriate ways to behave towards other people online and why this is important. I can give examples of how bullying behaviour could appear online and how someone can get support. I can recognise when someone is upset, hurt or angry online. I can explain why people need to think carefully about how content they post might affect others, their feelings and how it may affect how others feel about them (their reputation). I can describe ways people can be bullied through a range of media (e.g. image, video, text, chat).	 Managing Online Information I can explain what autocomplete is and how to choose the best suggestion. I can explain how the internet can be used to sell and buy things. I can explain the difference between a 'belief', an 'opinion' and a 'fact. and can give examples of how and where they might be shared online, e.g. in videos, memes, posts, news stories etc. I can explain that not all opinions shared may be accepted as true or fair by others (e.g. monsters under the bed). I can describe and demonstrate how we can get help from a trusted adult if we see content that makes us feel sad, uncomfortable worried or frightened. I can demonstrate how to use key phrases in search engines to gather accurate information online. 	 Health, Well being and lifestyle I can explain why spending too much time using technology can sometimes have a negative impact on anyone, e.g. mood, sleep, body, relationships; I can give some examples of both positive and negative activities where it is easy to spend a lot of time engaged (e.g. doing homework, games, films, videos). I can explain why some online activities have age restrictions, why it is important to follow them and know who I can talk to if others pressure me to watch or do something online that makes me feel uncomfortable (e.g. age restricted gaming or web sites). I can describe ways technology can affect health and well-being both positively (e.g. mindfulness apps) and negatively. I can describe some strategies, tips or advice to promote health and wellbeing with regards to technology. I 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. I can explain how and why some 	 Privacy and Security I can describe simple strategies for creating and keeping passwords private. I can give reasons why someone should only share information with people they choose to and can trust. I can explain that if they are not sure or feel pressured then they should tell a trusted adult. I can describe how connected devices can collect and share anyone's information with others. I can describe strategies for keeping personal information private, depending on context. I can explain that internet use is never fully private and is monitored, e.g. adult supervision. I can describe how some online services may seek consent to store information about me; I know how to respond appropriately and who I can ask if I am not sure. I know what the digital age of consent is and the impact this has on online services asking for consent

					payment for additional content (e.g. in-app purchases, lootboxes) and explain the importance of seeking permission from a trusted adult before purchasing.	
Year 4	Online relationships	Self Image and Identity	Online Bullying	Managing Online Information	Copy write and Ownership	Privacy and Security
	 I can explain the importance of giving and gaining permission before sharing things online; how the principles of sharing online is the same as sharing offline e.g. sharing images and videos. I can give examples of how to be respectful to others online and describe how to recognise healthy and unhealthy online behaviours. I can explain how content shared online may feel unimportant to one person but may be important to other people's thoughts feelings and beliefs I can describe strategies for safe and fun experiences in a range of online social environments (e.g. livestreaming, gaming platforms). 	I can explain what is meant by the term 'identity'. I can explain how people can represent themselves in different ways online. I can explain ways in which someone might change their identity depending on what they are doing online (e.g. gaming; using an avatar ; social media) and why. I can explain how my online identity can be different to my offline identity. I can describe positive ways for someone to interact with others online and understand how this will positively impact on how others perceive them. I can explain that others online can pretend to be someone else, including my friends, and can suggest reasons why they might do this. I can explain the importance of asking until I get the help needed.	I can describe appropriate ways to behave towards other people online and why this is important. I can give examples of how bullying behaviour could appear online and how someone can get support. I can recognise when someone is upset, hurt or angry online. I can explain why people need to think carefully about how content they post might affect others, their feelings and how it may affect how others feel about them (their reputation). I can describe ways people can be bullied through a range of media (e.g. image, video, text, chat).	 I can analyse information to make a judgement about probable accuracy and I understand why it is important to make my own decisions regarding content and that my decisions are respected by others. I can describe how to search for information within a wide group of technologies and make a judgement about the probable accuracy (e.g. social media, image sites, video sites). I can describe some of the methods used to encourage people to buy things online and can recognise some of these when they appear online. I can explain why lots of people sharing the same opinions or beliefs online do not make those opinions or beliefs true. I can explain that technology can be designed to act like or impersonate living things (e.g. bots) and describe what the benefits and the risks might be. I can explain what is meant by fake news e.g. why some people will create stories or alter photographs and put them online to pretend something is true when it isn't. 	I can explain why copying someone else's work from the internet without permission isn't fair and can explain what problems this might cause. I can demonstrate how to make references to and acknowledge sources I have used from the internet. I can assess and justify when it is acceptable to use the work of others. I can give examples of content that is permitted to be reused and know how this content can be found online. I can demonstrate the use of search tools to find and access online content which can be reused by others. When searching on the internet for content to use, I can explain why I need to consider who owns it and whether I have the right to reuse it. I can give some simple examples of content which I must not use without permission from the owner, e.g. videos, music, images.	 I can describe simple strategies for creating and keeping passwords private. I can give reasons why someone should only share information with people they choose to and can trust. I can explain that if they are not sure or feel pressured then they should tell a trusted adult. I can describe how connected devices can collect and share anyone's information with others. I can describe strategies for keeping personal information private, depending on context. I can explain that internet use is never fully private and is monitored, e.g. adult supervision. I can describe how some online services may seek consent to store information about me; I know how to respond appropriately and who I can ask if I am not sure. I know what the digital age of consent is and the impact this has on online services asking for consent
Year 5	Online Relationships	Online Reputation	Online Bullying	Managing Online Information	Health and Well-being	Privacy and Security
	 I can give examples of technology specific forms of communication (e.g. emojis, memes and GIFs). I can explain that there are some people I communicate with online who may want to do me or my friends harm. 	I can search for information about an individual online and summarise the information found. I can describe ways that information about anyone online can be used by others to make judgments about an	I can recognise online bullying can be different to bullying in the physical world and can describe some of those differences. I can describe how what one person perceives as playful joking and	 I can explain the benefits and limitations of using different types of search technologies e.g. voice- activation search engine. I can explain how some technology can limit the information I aim presented 	I can describe common systems that regulate age-related content (e.g. PEGI, BBFC, parental warnings) and describe their purpose. I recognise and can discuss the pressures that technology can place	I can explain what a strong password is and demonstrate how to create one. I can explain how many free apps or services may read and share private information (e.g. friends, contacts, likes , images, videos, voice, messages,
	I can recognise that this is not my / our fault.	individual and why these may be incorrect.	teasing (including 'banter') might be experienced by others as bullying.	with e.g. voice-activated searching giving one result.	on someone and how / when they could manage this.	geolocation) with others. I can explain what app permissions are
	I can describe some of the ways people may be involved in online communities and describe how they might collaborate constructively with	I can explain the ways in which anyone can develop a positive online reputation. I can explain strategies anyone can use	I can explain how anyone can get help if they are being bullied online and identify when to tell a trusted adult. I can identify a range of ways to	I can explain what is meant by 'being sceptical'; I can give examples of when and why it is important to be 'sceptical'. I can evaluate digital content and can	I can recognise features of persuasive design and how they are used to keep users engaged (current and future use).	 and can give some examples. I can describe effective ways people can manage passwords (e.g. storing them securely or saving them in the browser).
	others and make positive contributions. (e.g. gaming communities or social media groups).	to protect their ' digital personality ' and online reputation, including degrees of anonymity	report concerns and access support both in school and at home about online bullying.	explain how to make choices about what is trustworthy e.g. differentiating between adverts and search results.	I can assess and action different strategies to limit the impact of technology on health (e.g. night-shift mode, regular breaks, correct posture,	I can explain what to do if a password is shared, lost or stolen.
	I can explain how someone can get help if they are having problems and		I can explain how to block abusive users.	I can explain key concepts including:	sleep, diet and exercise).	

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	identify when to tell a trusted adult.			information, reviews, fact, opinion,	I can explain how using technology	I can describe how and why people
			I can describe the helpline services which can help people experiencing	belief, validity, reliability and evidence.	can be a distraction from other things, in both a positive and negative way.	should keep their software and apps up to date, e.g. auto updates.
			bullying, and how to access them	I can identify ways the internet can	In both a positive and negative way.	to date, e.g. auto updates.
			(e.g. Childline or The Mix).	draw us to information for different	I can identify times or situations	I can describe simple ways to increase
				agendas, e.g. website notifications,	when someone may need to limit the	privacy on apps and services that
			I can describe how to capture bullying	pop-ups, targeted ads.	amount of time they use technology	provide privacy settings.
			content as evidence (e.g screen-grab,		e.g. I can suggest strategies to help	
			URL, profile) to share with others who	I can describe ways of identifying when	with limiting this time.	I can describe ways in which some
			can help me.	online content has been commercially		online content targets people to gain
				sponsored or boosted, (e.g. by		money or information illegally; I can
			I can explain how someone would	commercial companies or by vloggers,		describe strategies to help me identify
			report online bullying in different	content creators, influencers).		such content (e.g. scams, phishing).
			contexts.	I can explain what is meant by the		I know that online services have terms
				term 'stereotype', how 'stereotypes'		and conditions that govern their use.
				are amplified and reinforced online, and		
				why accepting 'stereotypes' may		
				influence how people think about		
				others.		
				I can describe how fake news may		
				affect someone's emotions and		
				behaviour, and explain why this may be		
				harmful.		
				I can explain what is meant by a 'hoax'.		
				I can explain why someone would need		
Year 6	Online relationships	Self Image and Identity	Online Bullying	to think carefully before they share. Managing Online Information	Health and Well - being	Privacy and Security
						- nucy and becanty
		I can explain how identity online can be	I can recognise online bullying can	I can demonstrate how to analyse	I recognise and can discuss the the	I can explain what a strong password is
	I can demonstrate how to support	copied, modified or altered.	be different to bullying in the physical	and evaluate the validity of 'facts' and	pressures that technology can place on	and demonstrate how to create one.
	others (including those who are having		world and can describe some of	information and I can explain why using	someone (e.g. immediate	
	difficulties) online.	I can demonstrate how to make	those differences.	these strategies are important.	response on social media and	I can explain how many free apps or
		responsible choices about having an			messaging apps; always available;	services may read and share private
	I can explain how sharing something online may have an impact either	online identity, depending on context.	I can describe how what one person perceives as playful joking and	I can explain how companies and news providers target people with online	invasive; rapid engagement).	information (e.g. friends, contacts,
	positively or negatively.	I can identify and critically evaluate	teasing (including 'banter') might be	news stories they are more likely to	I can explain the importance of self-	likes , images, videos, voice, messages, geolocation) with others.
	positively of negatively.	online content relating to gender, race,	experienced by others as bullying.	engage with and how to recognise this.	regulating technology use;	geolocation) with others.
	I can describe how to be kind and show	religion, disability, culture and other	experienced by others as builying.		regulating teennology use,	I can explain what app permissions are
	respect for others online including the	groups, and explain why it is important	I can explain how anyone can get help	I can describe the difference between	I can demonstrate strategies	and can give some examples.
	importance of respecting boundaries	to challenge and reject inappropriate	if they are being bullied online and	online misinformation and dis-	to do this (e.g. monitoring time spent	
	regarding what is shared about them	representations online	identify when to tell a trusted adult.	information.	online, avoiding accidents).	I can describe effective ways people can
	online and how to support them if					manage passwords (e.g. storing them
	others do not.	can describe issues online that could	I can identify a range of ways to	I can explain why information that is	I can explain how someone might	securely or saving them in the browser).
	Lean deceribe how this	make anyone feel sad, worried,	report concerns and access support	on a large number of sites may still be	recognise that they need support to	Leon ovoloin what to do if a manual i
	I can describe how things shared privately online can have	uncomfortable or frightened. I know and can give examples of how to get	both in school and at home about online bullying.	inaccurate or untrue. I can assess how this might happen (e.g. the sharing of	manage their use of technology and who might provide that support.	I can explain what to do if a password is shared, lost or stolen.
	unintended consequences for others.	help, both on and offline.		misinformation or disinformation).		אמובע, וסגר טו גנטופוו.
1	a		I can explain how to block		I can describe strategies to identify and	I can describe how and why people
	e.g. screen-grabs.				assess when peers may need support	should keep their software and apps up
	e.g. screen-grabs.	I can explain the importance of asking	abusive users.	I can identify, flag and report	assess when peers may need support	
	e.g. screen-grabs. I can explain that taking or sharing	I can explain the importance of asking until I get the help needed.		inappropriate content.	and describe ways to assist peers who	to date, e.g. auto updates.
	I can explain that taking or sharing inappropriate images of someone (e.g.		abusive users. I can describe the helpline services	inappropriate content.		to date, e.g. auto updates.
	I can explain that taking or sharing inappropriate images of someone (e.g. embarrassing images), even if they say		abusive users. I can describe the helpline services which can help people experiencing	inappropriate content. I can explain how search engines work	and describe ways to assist peers who may be experiencing difficulties.	to date, e.g. auto updates. I can describe simple ways to increase
	I can explain that taking or sharing inappropriate images of someone (e.g. embarrassing images), even if they say it is okay, may have an impact for the		abusive users. I can describe the helpline services which can help people experiencing bullying, and how to access them	inappropriate content. I can explain how search engines work and how results are selected and	and describe ways to assist peers who may be experiencing difficulties. I can identify commercial content (e.g.	to date, e.g. auto updates. I can describe simple ways to increase privacy on apps and services that
	I can explain that taking or sharing inappropriate images of someone (e.g. embarrassing images), even if they say it is okay, may have an impact for the sharer and others; and who can help if		abusive users. I can describe the helpline services which can help people experiencing	inappropriate content. I can explain how search engines work	and describe ways to assist peers who may be experiencing difficulties.I can identify commercial content (e.g. pop-ups, spam) and can discuss simple	to date, e.g. auto updates. I can describe simple ways to increase
	I can explain that taking or sharing inappropriate images of someone (e.g. embarrassing images), even if they say it is okay, may have an impact for the		abusive users. I can describe the helpline services which can help people experiencing bullying, and how to access them (e.g. Childline or The Mix).	inappropriate content. I can explain how search engines work and how results are selected and ranked.	and describe ways to assist peers who may be experiencing difficulties.I can identify commercial content (e.g. pop-ups, spam) and can discuss simple strategies to manage such content (e.g.	to date, e.g. auto updates. I can describe simple ways to increase privacy on apps and services that provide privacy settings.
	I can explain that taking or sharing inappropriate images of someone (e.g. embarrassing images), even if they say it is okay, may have an impact for the sharer and others; and who can help if		abusive users. I can describe the helpline services which can help people experiencing bullying, and how to access them (e.g. Childline or The Mix). I can describe how to capture bullying	inappropriate content. I can explain how search engines work and how results are selected and ranked. I can explain how to use search	 and describe ways to assist peers who may be experiencing difficulties. I can identify commercial content (e.g. pop-ups, spam) and can discuss simple strategies to manage such content (e.g. pop-up blockers, junk folders, 	to date, e.g. auto updates. I can describe simple ways to increase privacy on apps and services that provide privacy settings. I can describe ways in which some
	I can explain that taking or sharing inappropriate images of someone (e.g. embarrassing images), even if they say it is okay, may have an impact for the sharer and others; and who can help if		abusive users. I can describe the helpline services which can help people experiencing bullying, and how to access them (e.g. Childline or The Mix). I can describe how to capture bullying content as evidence (e.g screen-grab,	inappropriate content. I can explain how search engines work and how results are selected and ranked.	and describe ways to assist peers who may be experiencing difficulties.I can identify commercial content (e.g. pop-ups, spam) and can discuss simple strategies to manage such content (e.g.	 to date, e.g. auto updates. I can describe simple ways to increase privacy on apps and services that provide privacy settings. I can describe ways in which some online content targets people to gain
	I can explain that taking or sharing inappropriate images of someone (e.g. embarrassing images), even if they say it is okay, may have an impact for the sharer and others; and who can help if		 abusive users. I can describe the helpline services which can help people experiencing bullying, and how to access them (e.g. Childline or The Mix). I can describe how to capture bullying content as evidence (e.g screen-grab, URL, profile) to share with others who 	 inappropriate content. I can explain how search engines work and how results are selected and ranked. I can explain how to use search technologies effectively. 	and describe ways to assist peers who may be experiencing difficulties. I can identify commercial content (e.g. pop-ups, spam) and can discuss simple strategies to manage such content (e.g. pop-up blockers, junk folders, unsubscribing).	 to date, e.g. auto updates. I can describe simple ways to increase privacy on apps and services that provide privacy settings. I can describe ways in which some online content targets people to gain money or information illegally; I can
	I can explain that taking or sharing inappropriate images of someone (e.g. embarrassing images), even if they say it is okay, may have an impact for the sharer and others; and who can help if		abusive users. I can describe the helpline services which can help people experiencing bullying, and how to access them (e.g. Childline or The Mix). I can describe how to capture bullying content as evidence (e.g screen-grab,	inappropriate content. I can explain how search engines work and how results are selected and ranked. I can explain how to use search	 and describe ways to assist peers who may be experiencing difficulties. I can identify commercial content (e.g. pop-ups, spam) and can discuss simple strategies to manage such content (e.g. pop-up blockers, junk folders, 	 to date, e.g. auto updates. I can describe simple ways to increase privacy on apps and services that provide privacy settings. I can describe ways in which some online content targets people to gain

	I can explain how someone would report online bullying in different contexts.	I can explain how and why some people may present 'opinions' as 'facts'; why the popularity of an opinion or the personalities of those promoting it does not necessarily make it true, fair or perhaps even legal. I can define the terms 'influence', 'manipulation' and 'persuasion' and explain how someone might encounter these online (e.g. advertising and 'ad targeting' and targeting for fake news). I understand the concept of persuasive design and how it can be used to influences peoples' choices.	I can identify and asses potential risks of seekir harmful advice from th I can assess the benefit potential problems with that intend to promote well-being (e.g. wellness trackers, meditation / relaxation I can demonstrate crite and differentiating betw that offer unbiased, acc reliable health informa from those promoting a agenda. I can identify who to ta someone was at risk of by such sites. I know how to report co promoting unhealthy of behaviour
			-
			I can identify online con groups that promote up strategies

ess some of the king help or these sites.	I know that online services have terms and conditions that govern their use.
fits of and ith sites or apps te positive ess apps, fitness	
on apps).	
teria for assessing etween health sites accurate and nation g a product or	
talk to if I thought of being influenced	
content which is or harmful	
ontent and / or unhealthy coping	