

Juniper Hill School – Life Skills Curriculum September 2026
Knowledge & Skills Overview Document

Topic: Wellbeing Online (Key learning has been taken from (DfE RSHE 2025, p29 Wellbeing online)

In this unit, children will develop the knowledge and skills needed to stay safe, responsible and healthy in an increasingly digital world. They will learn about the benefits of the internet and technology, while also exploring potential risks such as excessive screen time, online scams, cyberbullying, misinformation and inappropriate content. Pupils will understand the importance of protecting their personal information, using respectful behaviour online, and seeking support from trusted adults when they have concerns. As they progress through the school, children will develop critical thinking skills to help them evaluate online information, make informed choices about their digital activity, and build positive online relationships while recognising the value of real-life connections. This unit aims to equip pupils with the confidence and understanding needed to navigate the online world safely, responsibly and with kindness.

Objective	EYFS	Key Stage 1 Year 1 / Year 2	Lower Key Stage 2 Year 3 / Year 4	Upper Key Stage 2 Year 5 / Year 6
WELLBEING ONLINE Lesson 1 – key learning That for almost everyone the internet is an integral part of life. Pupils should be supported to think about positive and negative aspects of the internet. Where and how to report concerns and get support with issues online.	I know that the internet is used by most people. I know I should ask before using the internet. If I see anything on the internet that worries me, I should tell a trusted adult.	Year 1 I know that the internet is used by most people. I know there are many good things about the internet I know I should ask before using the internet. Year 2 If I see anything on the internet that worries me, I should tell a trusted adult.	Year 3 I know that the internet is used by most people around the world and has many benefits. Year 4 I know that websites, games and apps often have buttons or tools for reporting concerns. I know that it is important to seek help rather than dealing with online problems on my own.	Year 5 I know that the internet is an integral part of life and has many benefits. I know where and how to report concerns and how to get support with issues online. Year 6 I know that I can report harmful, inappropriate or upsetting content using the reporting tools on websites, games and apps.
WELLBEING ONLINE Lesson 2 – key learning The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of	I can talk about the amount of time I spend using a computer or playing games on a tablet.	Year 1 I can talk about why I shouldn't go online for long periods of time. Year 2 I can talk about the dangers of	Year 3 I know that the internet has positive and negative content. This can affect people's mental and physical wellbeing. Year 4 I know that if an offer in a game	Year 5 I know that online games sometimes encourage players to spend money on extra features, items or rewards. I know that some games use adverts, offers or in-game purchases to persuade people to spend money.

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positive and negative content online on their own and others' mental and physical wellbeing. The risks relating to online gaming, video game monetisation, scams, fraud and other financial harms, and that gaming can become addictive.		spending too much time gaming / online.	seems too good to be true, it might be a scam. I know that I should be careful about clicking links, accepting offers or sharing information while gaming online.	Year 6 I know that scammers may try to trick people into giving away money, passwords or personal information through games and apps. I know that fraud is when someone deceives people to get money or information dishonestly.
WELLBEING ONLINE Lesson 3 – key learning How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online. That they have rights in relation to sharing personal data, privacy and consent.	I know that computers have passwords. I know that I mustn't share information about me online.	Year 1 I know what personal information is. I know that I mustn't share personal information online. I know why I need to use passwords online. Year 2 I know I must treat people kindly online.	Year 3 I can explain how I can protect myself online, by using passwords, not sharing personal information and reporting concerns to adults. Year 4 I know I must behave respectfully online as my actions affect others.	Year 5 I know the importance of making good choices online. I know the importance of using passwords, NOT oversharing online, and keeping personal information personal. Year 6 I know I must report any online concerns to a trusted adult. I know I must behave respectfully online as my actions affect others.
WELLBEING ONLINE Lesson 4 - key learning Why social media, some apps, computer games and online gaming,	I know what I am allowed and not allowed to watch / play online.	Year 1 I know that some computer games are only for older children.	Year 3 I know that talking to people online can help me stay in touch with friends and family.	Year 5 I know that messages online can sometimes be misunderstood because I cannot always see how a person is feeling.

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including gambling sites, are age restricted. Pupils should be supported to discuss how online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection.		Year 2 I know that some media and computer games are age restricted. I know this means it isn't safe for me to use the media platform and play the computer games.	I know that online friendships can be fun and useful, but spending time with people face to face is important too. Year 4 I know that playing, talking and learning with people in real life can help build stronger friendships.	Year 6 I know that online communication should not replace spending quality time with people in person. I know that there are good things and not-so-good things about communicating online.
WELLBEING ONLINE Lesson 5 – key learning That abuse, bullying and harassment can take place online and that this can impact wellbeing. How to seek support from trusted adults.	I know that it's important to be kind to my friends online. If people are mean to others, it makes them feel sad inside.	Year 1 I know it's important to be kind and polite with my words online and in the real world. Year 2 I know that if people are mean to others, it can affect their mental health.	Year 3 I know what online bullying is. Year 4 I know how important it is to be kind and respectful online. I know that online bullying can affect people's mental health.	Year 5 I know what online bullying is. I know how important it is to be kind and respectful online. Year 6 I can explain the consequences of online bullying and the impact it has on other people's mental health. I promise never to bully anyone online and to try to challenge any online bullying I see.

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WELLBEING ONLINE Lesson 6 – key learning How to understand the information they find online, including from search engines, and know how information is selected and targeted. How to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them.	I know that not everything on the internet is true.	Year 1 1 I know that I can ask a trusted adult if something online worries or confuses me. Year 2 I know that not everything on the internet is true, this is called fake news. I know that I can ask a trusted adult if something online worries or confuses me.	Year 3 I know that I should think carefully before believing or sharing something online. Year 4 I know that when I search for information using a search engine, that the information is ranked and selected.	Year 5 I know that I should check information before believing it. I know that some videos, posts and messages are not suitable for children. Year 6 I know that I can make safe choices about what I watch, read and share online. I know that I can ask a trusted adult if something online worries or confuses me.
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