

PSHE Media and Digital Resilience

Session		Key knowledge	Me	Teacher
1	Real and Fake News	• To know and understand the positive and negative influences that social media can have on wellbeing (Y6) • To know the positive and negative influences that social media can have on wellbeing (Y5)		
2	Body image and advertising	• To know how adverts can make people feel about their own bodies and appearance Y6 • To know the meaning of body image and why body image is different from how a person looks.. Y5		
3	Content—what can you trust?	• To question the validity and trustworthiness of information that can be found online and discuss ways of clarifying whether something is real or fake. (Computing, Computer Systems and Networks UKS2).		
4	Check it's for real	• To know strategies that will help them to protect personal information and maintain a positive digital footprint. (Computing Data and Information) UKS2)		
5	Social Media—age restrictions	• To know (Y5) and understand (Y6) both the positive and negative aspects of social media and the importance of observing legal age limits		
6	Contact	• To know that the pressure placed on them by peers can influence them to do the wrong thing and know ways to challenge this. (Y6) • To know that there are different types of relationship and know what to do if these relationships are unhealthy. (Y5)		