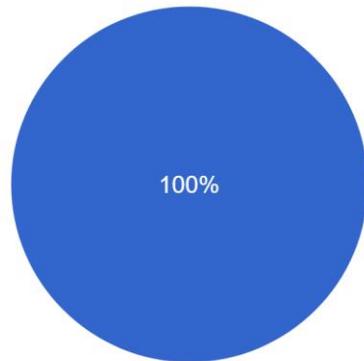# What do we learn about Digital Wellbeing
at
Finchampstead CE Primary School?

Why do we need to know about online wellbeing?

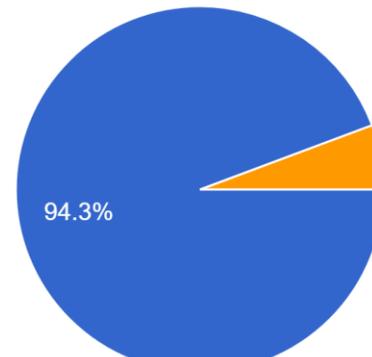**Do you use the Internet at home?**

35 responses

- Yes
- No
- Maybe - Not sure the internet is.

100%

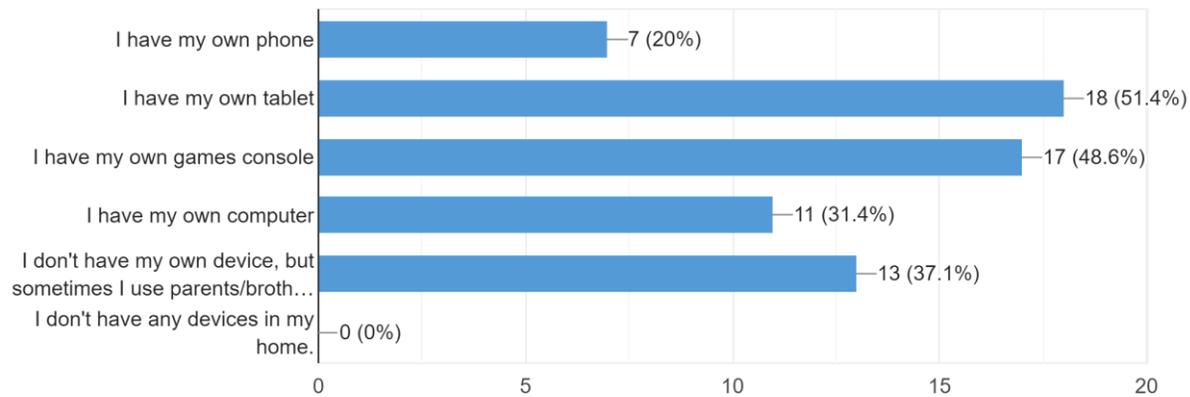**Do you know what online safely is? Could you explain it to a friend?**

35 responses

- Yes
- No
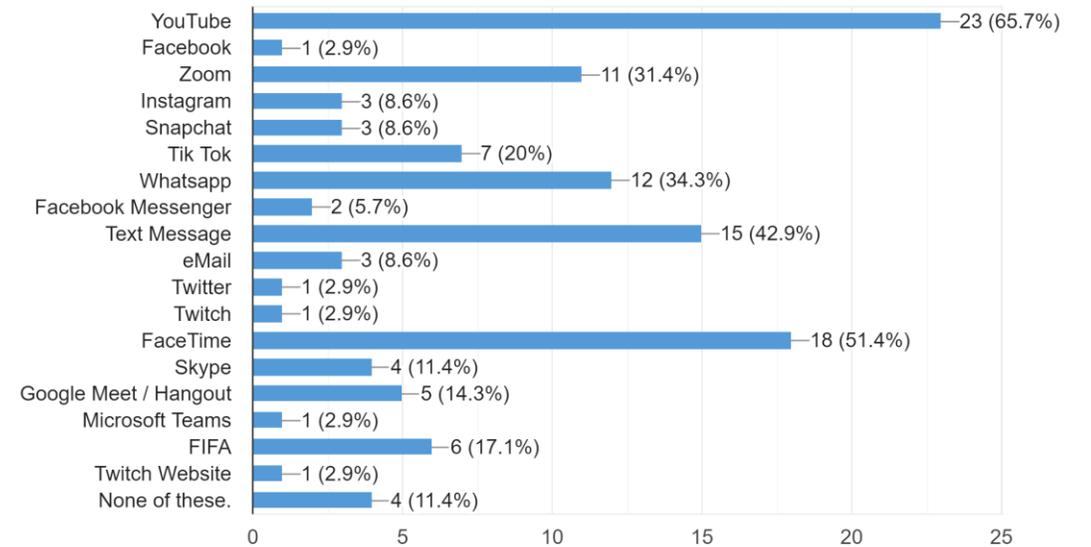- Maybe - I've heard of it but not sure I could explain what it means.

94.3%

What devices do you have?

35 responses

Device	Count
I have my own phone	7 (20%)
I have my own tablet	18 (51.4%)
I have my own games console	17 (48.6%)
I have my own computer	11 (31.4%)
I don't have my own device, but sometimes I use parents/broth…	13 (37.1%)
I don't have any devices in my home.	0 (0%)

Have you used these apps yourself?

35 responses

App	Count
YouTube	23 (65.7%)
Facebook	1 (2.9%)
Zoom	11 (31.4%)
Instagram	3 (8.6%)
Snapchat	3 (8.6%)
Tik Tok	7 (20%)
Whatsapp	12 (34.3%)
Facebook Messenger	2 (5.7%)
Text Message	15 (42.9%)
eMail	3 (8.6%)
Twitter	1 (2.9%)
Twitch	1 (2.9%)
FaceTime	18 (51.4%)
Skype	4 (11.4%)
Google Meet / Hangout	5 (14.3%)
Microsoft Teams	1 (2.9%)
FIFA	6 (17.1%)
Twitch Website	1 (2.9%)
None of these.	4 (11.4%)

Have you ever been left feeling sad or worried after using an app to communicate?

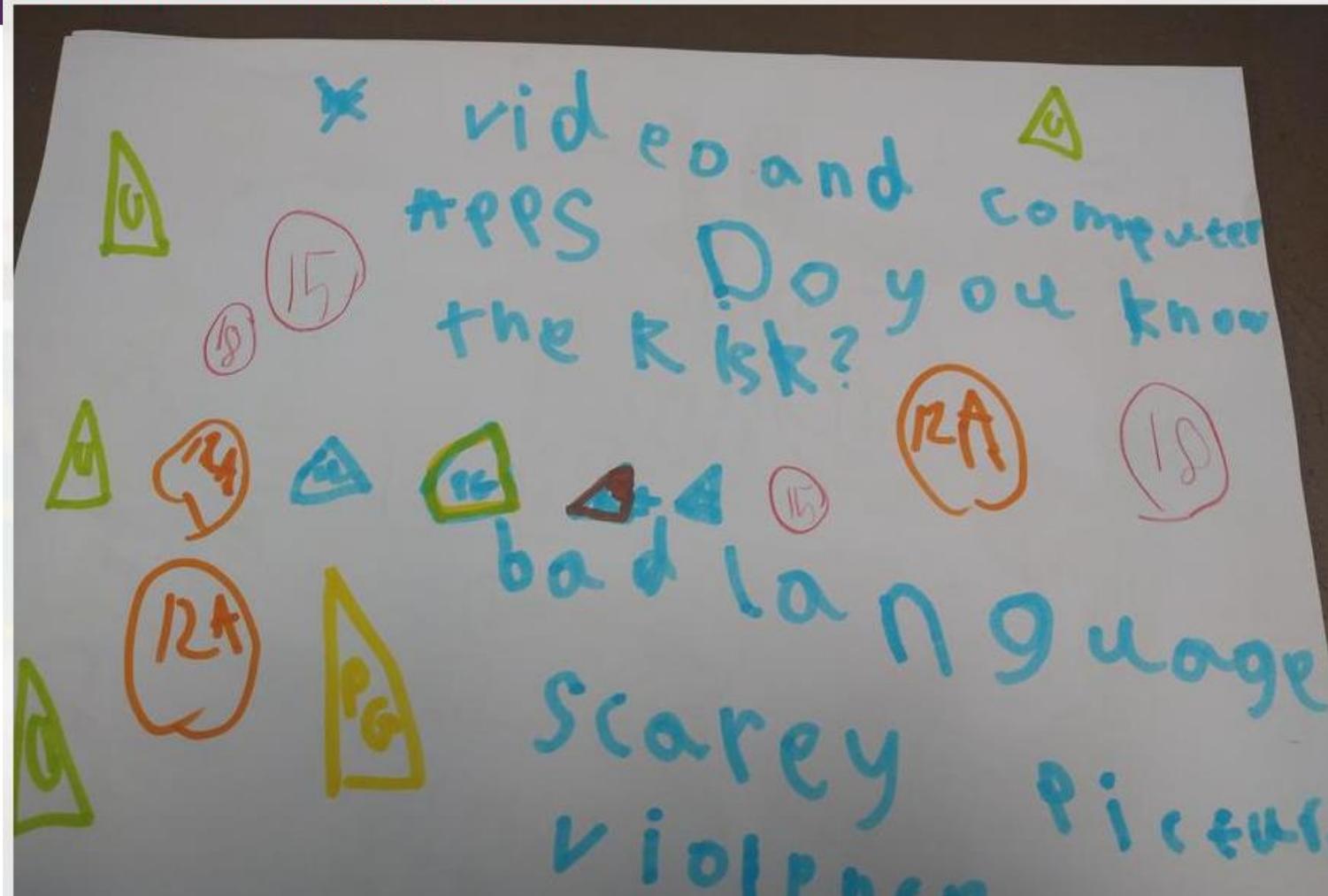35 responses
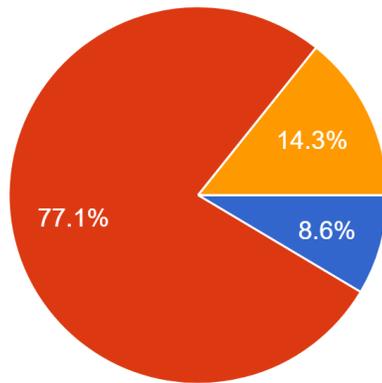
- Yes
- No
- Never used an app to communicate.

77.1%

14.3%

8.6%

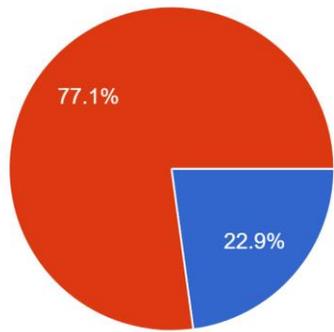## What is your favourite game, app or website?

35 responses

5 (14.3%)

3 (8.6%)

2 (5.7%)

2 (5.2%(5.7%)

1 (2.9%) 1 (2.9%) 1 (2.9%) 1 (2.9%)

1 (2.9%) 1 (2.9%) 1 (2.9%)

Amount us   Instagram   Roblox   i like all the games i play   yes I have…

Don't have one   My favourite app is google   Subway surfer   purple mash and brain g…
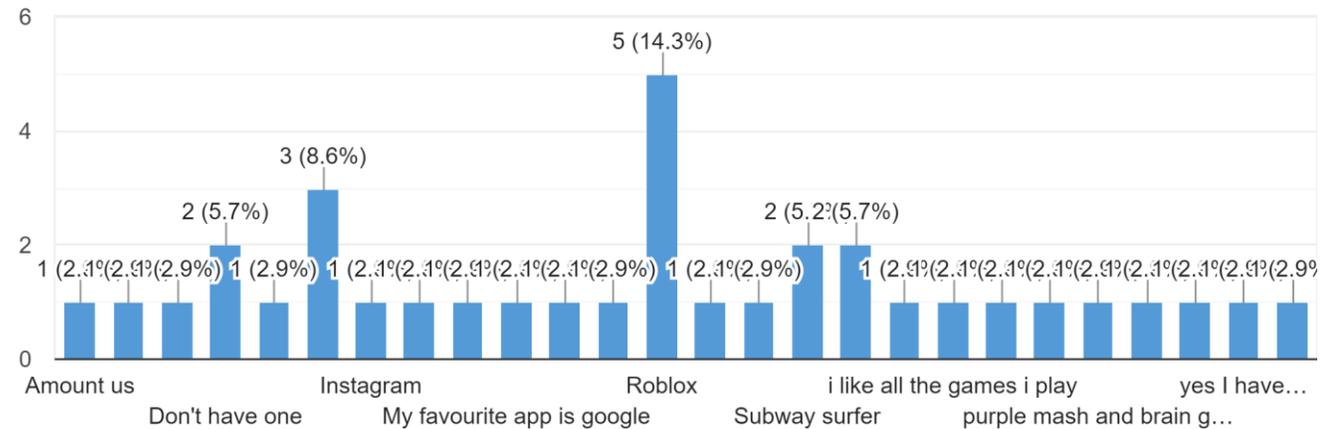
Chaffinch Class
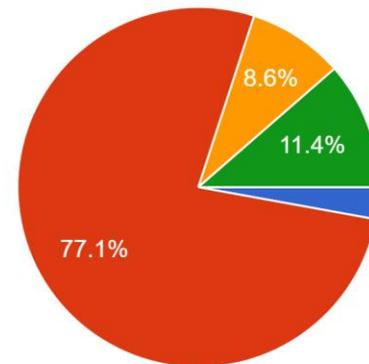
Do you play Fortnite?
35 responses

- ● Yes
- ● No
- ● Don't know what Fortnite is.

77.1%

22.9%

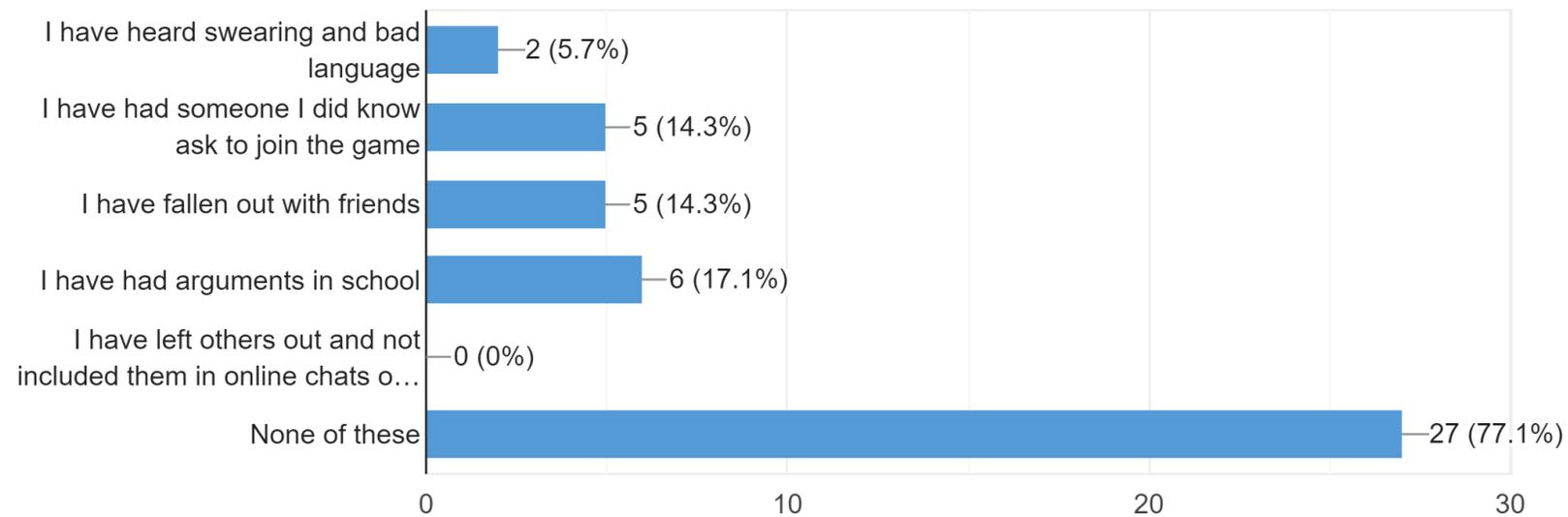## How old do you think you have to be to play Fortnite?
35 responses

- ● Age 7
- ● Age 12
- ● Age 18
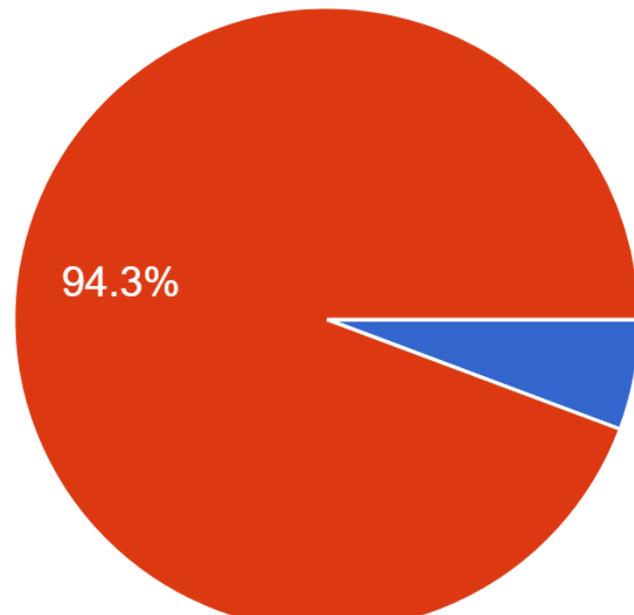- ● Not sure.

8.6%

11.4%

77.1%

While playing games online with your friends have any of these things happened? (you can pick more than one)

35 responses

Have you experienced any online bullying?
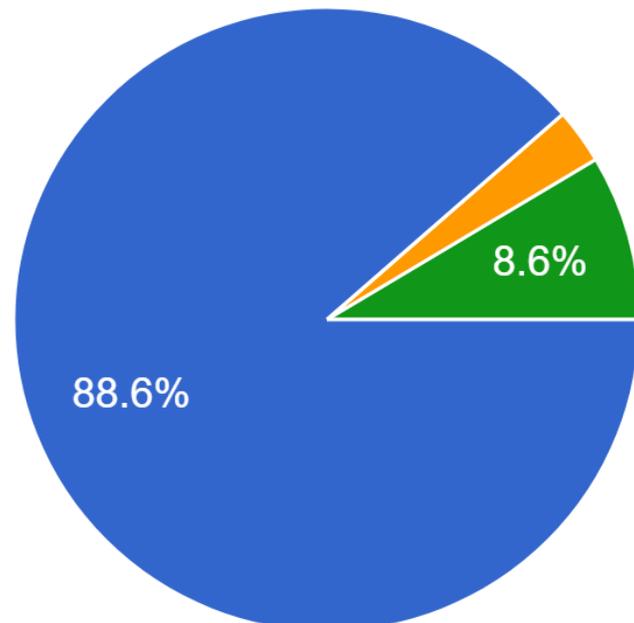
35 responses

- Yes
- No
- I think so but, not really sure.

94.3%

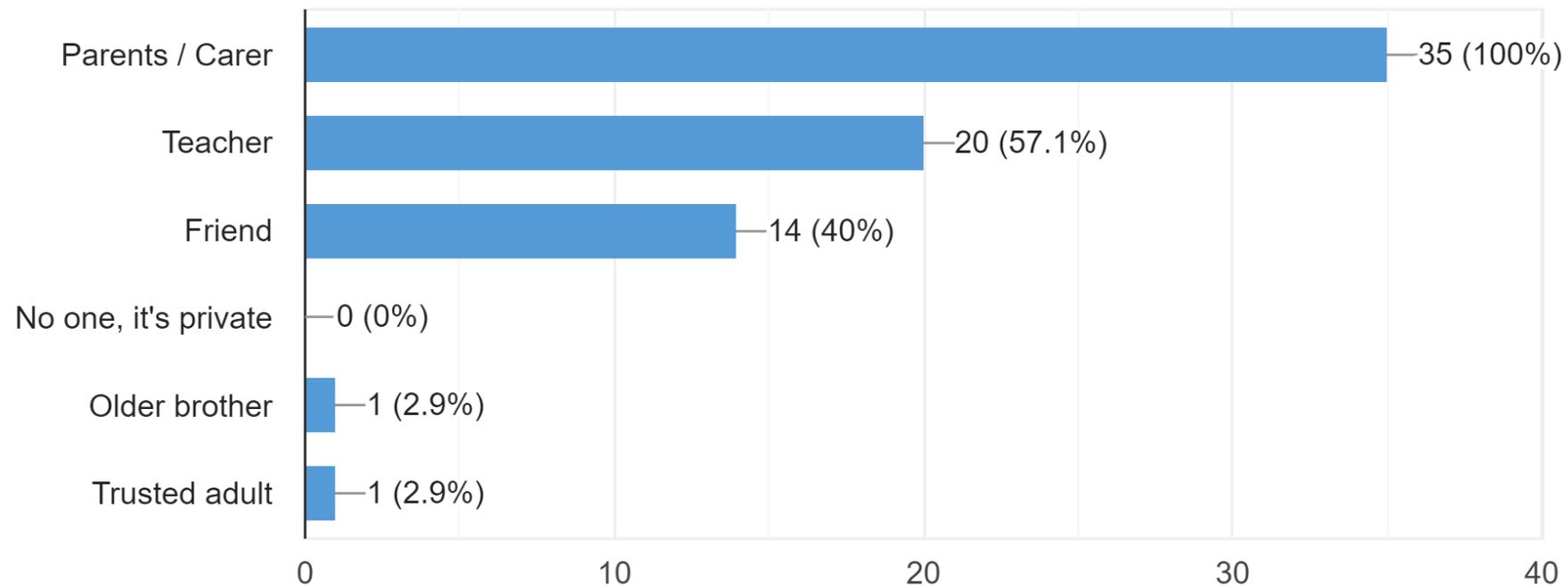# If one of your friends was being bullying online what would you do?

35 responses

- Tell someone.
- It's not my problem, so nothing.
- Not sure how I could help.
- Send the bullies a message and tell them to stop it!

88.6%

8.6%

Who would you tell if a message, comment or someone online made you feel uncomfortable?

35 responses

The Positives and Negatives

These are some examples of ways in which the using the Internet can affect us positively...

You need to learn all about Ancient Egypt for a school project. You find useful information online.	Your auntie and cousin have moved to another country. You have video calls online with them each Sunday.	You want to practise your times tables. There is a great app that your dad has on his phone to help you.	You need a new coat for school but your carer can't get to the shops. They order you one online instead.	You really enjoy playing a driving game online with your friend who lives a long way away. You chat as you play together.	You forgot to bring home your spellings from school. Your mum asks other parents on social media for a copy of the list.

These were examples of Internet use affecting us negatively...

A friend sends you a video that makes you feel frightened. It is meant for much older people to watch.	A person playing an online game with you starts being mean and calling you nasty names.	You can't get to sleep at night after being on your tablet in bed. You're very tired and grumpy the next morning.	You send a silly photo of yourself to a friend and they share it with everyone in the class. You are embarrassed.	Someone finds out your password and pretends to be you. They post nasty messages to your friends.	Someone you have been chatting to in an online game asks for your name and address and asks which school you go to.

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Our Online Pledge

There are lots of things we can all make sure we do to use the Internet responsibly and respectfully. This way, we'll all be safer, healthier and happier.

Can you work out what the missing words are in this online pledge?

We check age restrictions on **websites** we visit.

We keep **persona**l information private.

We **respect** others' privacy online.

We take a break from **screens** and enjoy other activities.

We use **kind** words in all online communication.

We speak to a trusted **adult** about anything online that upsets us.

We think carefully before **sharing** or forwarding anything online.

We use the Internet to help us **learn** and play.

Goldfinch class made comic strips to teach younger children the SMART Rules of internet safety.

Goldfinch Class thought about the impact of their digital footprint and made information posters about this.

Appropriate Information
The type of information that is appropriate to share are pictures of maybe your holidays, posts about campaigns you are running and sometimes pictures of you and your friends – but only if you have their permission.

What is a digital Footprint?
A digital footprint is a piece of evidence that you have been on the internet. Using a digital footprint, people can see what you have been doing online. Digital footprints can be used on college applications and just for people to know about you. Most people have positive digital footprints for college applications but some times your footprint could ruin your chances of getting in so you need to be careful about what you do online.

Inappropriate Information
Some information should never be shared such as, private formation (phone number, address, school, birthday, your name etc.) Photos of yourself that are not very appropriate are videos of you pranking people as that may ruin your chances of getting a job or getting into college and university. If someone asks for an inappropriate picture of you say no as that is not good for your digital footprint.

Your Images
Images can be appropriate for your digital footprint but also inappropriate. Either way you need to remember people can have positive impacts on them while others are more negative.

Implications of an inappropriate digital footprint
Sometimes having a inappropriate digital footprint can ruin your chances of getting a job. This is because some colleges and businesses look to see if you have an appropriate digital footprint.

Top Tips
-ask friend and family for permission to post pictures of them.
-Always turn on privacy settings if you don't want strangers to see you.
-learn how to keep your digital footprint appropriate online