

Digitally Ready

Using a method of your choice (e.g. a presentation, a letter, a song, a report) can you show that you are digitally ready? This means that you understand ways to handle tricky situations, that you know what to do if you see something upsetting and that you know how to behave responsibly towards others. All of this ensures that you can be safe for your own wellbeing and the wellbeing of others when using digital technology.

In your presentation, consider the following questions:

1. Why do you feel digital technology is important? How would digital technology benefit your life? How would you use digital technology and protect your wellbeing?
2. Are there some areas where you could benefit from using something other than digital technology? For example, if a friend was upset would you be better to speak to them in person?
3. How would you decide when and how to use digital technology devices?
4. What would you do if you felt concerned or worried about your digital technology use?
5. How would you keep your personal information private?
6. How would you look after your mental health and emotional wellbeing when spending time online?
7. What are the potential risks of being online and using digital technology?
8. What would you do if an online relationship was worrying you?
9. What do you think is meant by 'use social media responsibly'?
10. Should you ever share information online? What should you do before sharing information?

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).