



Year 6 PSHE Spring 1



This half term, we will be learning about how the media can influence people.

As a class we will be learning about how the media can change images before publishing them.

We will be discussing how peoples mental health and well being could be affected by the media.

The class will be considering the pros and cons of social media.

How to recognise unsafe or suspicious content online, and how to report it.

How to make decisions about what they view online, and if it is age appropriate.

We will be discussing what is social media and how this can influence us.

How much screen time is too much? What activities can we do instead of screen time?



Vocabulary	Definition
Internet	A global computer network to provide information.
Cyberbullying	A form of bullying online.
Media	Mass communication.
Filter	Removing inappropriate content online.
Publish	Putting information online.
Social Media	Websites and applications to publish images and videos online.
Influencer	Someone who promotes products online.
Body image	How we feel about our body.



Screen Time Guidelines

Age	Recommended hours of screen time
Under 2 years	None
2-4 years	Less than 1 hour a day
5-17 years	No more than 2 hours of recreational screen time a day

Source: Canadian Society for Exercise Physiology's Canadian Sedentary Behaviour Guidelines

How much time do you spend on a screen?

What other activities do you take part in which are not on a screen?

Why is it important to have time off a screen?

Are you on social media?

How can social media affect us?