

Using the Internet to communicate with family and friends it is hard to meet with; helping to build and maintain positive relationships.

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Using the Internet to send emails and instant messages in a work environment; saving time and making jobs more efficient.

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Using the Internet to send kind and helpful messages to family and friends; especially when they are having a tough time.

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Using the Internet to shop and send thoughtful gifts.

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

Using the Internet to do online banking.

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Using the Internet to read the news on a trusted site.

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Using the Internet to carry out research or learn something new.

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Using the Internet to read a book, play age-appropriate games or watch age-appropriate films.

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Using the Internet to find and apply for a job.

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Using the Internet to access material which is illegal or is not age-appropriate.

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Using the Internet to spread information that isn't true.

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Using the Internet to send hurtful messages or images.

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Using the Internet to break the law. For example, theft of money or breaching someone's privacy.

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Using the Internet to develop inappropriate relationships.

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Using the Internet all of the time and not spending time doing anything else.

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Using the Internet to spend more money than is available on shopping or games.

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