



We are **online** when we use the **internet**.

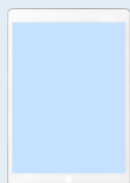
These can connect to the **internet**.



laptop



computer



tablet



games console

These do not connect to the **internet**.



teddy



ball



torch



toy dinosaur

Words you will learn:



digital device

A device that can connect to the internet.



internet

Digital devices connected to one another.



screen time

Time spent using devices with screens.



rule

Something to follow that helps everyone know what to do and stay safe.

It is **healthy** to **balance** your **screen time** with **in-person** activities.



play games



watch videos



talk to people



play outside



read books



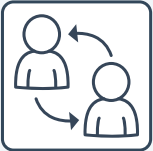
bake



Always use **polite** words and actions online.



listening



taking turns



kind words

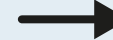
Some things online are not made for children.



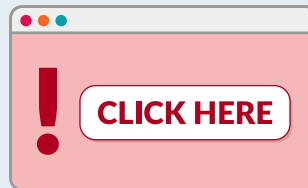
Sometimes things online can surprise us.



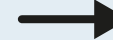
If something worries you online...



...a **trusted adult** can help.

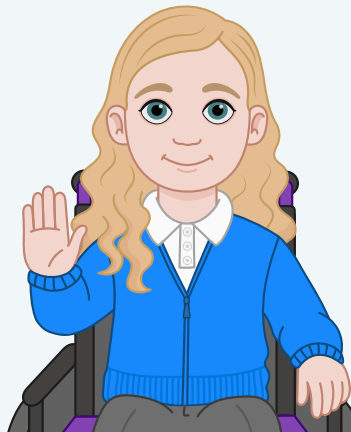


If a pop-up comes up on screen...



... do not tap or click.

A helpful **rule** to keep us **safe** online is...



and

tell

...a **trusted adult**.

