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‘Thrive Online’ by 5/6C

This year the grade five and sixes have been learning about being safe online and how we can help and teach others about it too.

In Term One we learned about digital footprints, online identities and keeping devices and accounts secure.

In Term Two we learned about healthy relationships with devices, green time, sleep and the impacts of excessive screen time.

In Term Three we learned about navigating uncomfortable situations, being an upstander, how and where to seek help and the importance of consent.

In Term Four we learned about being a critical consumer of AI, how influencers can shape our values and strategies for navigating unsafe online interactions.

Never share any personal details about you and your family. You shouldn’t give your emails or passwords to suspicious people online. Steer clear of malicious links as they can hack into your computer. Don’t talk to strangers online.





“People are starting to use AI for everything! (your brain needs to work out)”

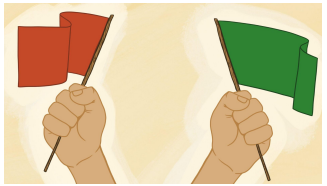
“If someone lifts weights for you, would you get stronger?”

“It’s really important the we listen to our bodies.”
-Lucas

AI stands for artificial intelligence, and it’s sometimes useful, depending on what you’re doing. Sometimes it can be a little risky because it is powered by a system that is guessing the most likely answer.
Clues you can find to see if it is AI is by checking for spelling mistakes, and a lot of the time they use this symbol: –.
To be a critical thinker you have to use your brain. If you only use AI you won’t be able to think for yourself.

Inform & Empower
Cyber Safety Education

Some red flags about social life on the internet are when people want to know about your personal things that is private about you. If you have a friend that you have never met in person it is unsafe to share your personal details with them.



At the start of the 2026 year at BNPS we signed an agreement to use our computers properly and sensibly, and only use them when our teacher says so.

We do not touch each other’s computers without permission if we do you can get in trouble .