Year 5 – E-Safety Knowledge Organiser

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| Prior Learning: understanding that anyone can author on the internet , begin to understand that copying text from a website is the equivalent to stealing (plagiarism ), begin to understand that what is on peoples’ websites belongs to them, understanding what digital citizenship is |

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| Facts | Vocabulary |
| 1. **What is Screen Time?**
* Screen time refers to the amount of time a person spends staring at the digital displays of computers, tablets and smartphones.
* The World Health Organization guidelines issued in early 2019 recommend no screen time for children under 3, and no more than 1 hour for children aged 3 and 4.
* The Royal College of Paediatrics and Child Health, however, noted that some screen time can help children learn.

  | 1. Obese – to be overweight
2. Depressive symptoms – symptoms of depression include lasting feelings of unhappiness or hopelessness, low self-esteem and finding no pleasure in things you usually enjoy.
3. Emit – produce or discharge.
4. Retina – a layer at the back of the eyeball that contains ells sensitive to light.

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| 1. **What is the problem with too much screen time?**
* Research has shown:
* Children who spend too much time playing games, texting or watching videos often don’t eat nutritious foods and are therefore more likely to be obese.
* Children who spend more than two hours per day in front of their screens tend to have more depressive symptoms.
* LED screens on computers and portable devices emit a broad spectrum of visible light. Most of these light rays are harmless, but a portion of the light emitted by these screens is relatively high-energy visible light called ‘blue light’.
* Certain bands of this blue light may be harmful to the light-sensitive retina of the eye over time.
* Blue light also plays an important role in regulating our body’s circadian rhythm, which is basically an internal clock that runs our brain and cycles. Too much exposure to blue light at the wrong time of the day can disrupt a person’s sleep/wake cycle, which can have serious health consequences.
 | 1. **How to cut back on screen time:**
* ‘No-screen’ rules at least an hour or two before a scheduled bedtime.
* Apple, Google and other tech companies have recently introduced time management features and apps that allow screen time to be monitored.

Manage your screen time with apple: <https://support.apple.com/en-gb/HT208982>Manage your screen time with google:<https://support.google.com/families/answer/7103340?hl=en#:~:text=When%20you%20create%20a%20Google,think%20they%20need%20a%20break>.   |