

The logo for Purple Mash, featuring the word "purple" in a bold, lowercase, purple font and the word "mash" in a bold, lowercase, white font, both set against a black rectangular background with a torn-edge effect on the top right corner.

**purple
mash**

Health, Well-being and Lifestyle (1 of 1)

Focus

- I can explain rules to keep myself safe when using technology both in and beyond the home.



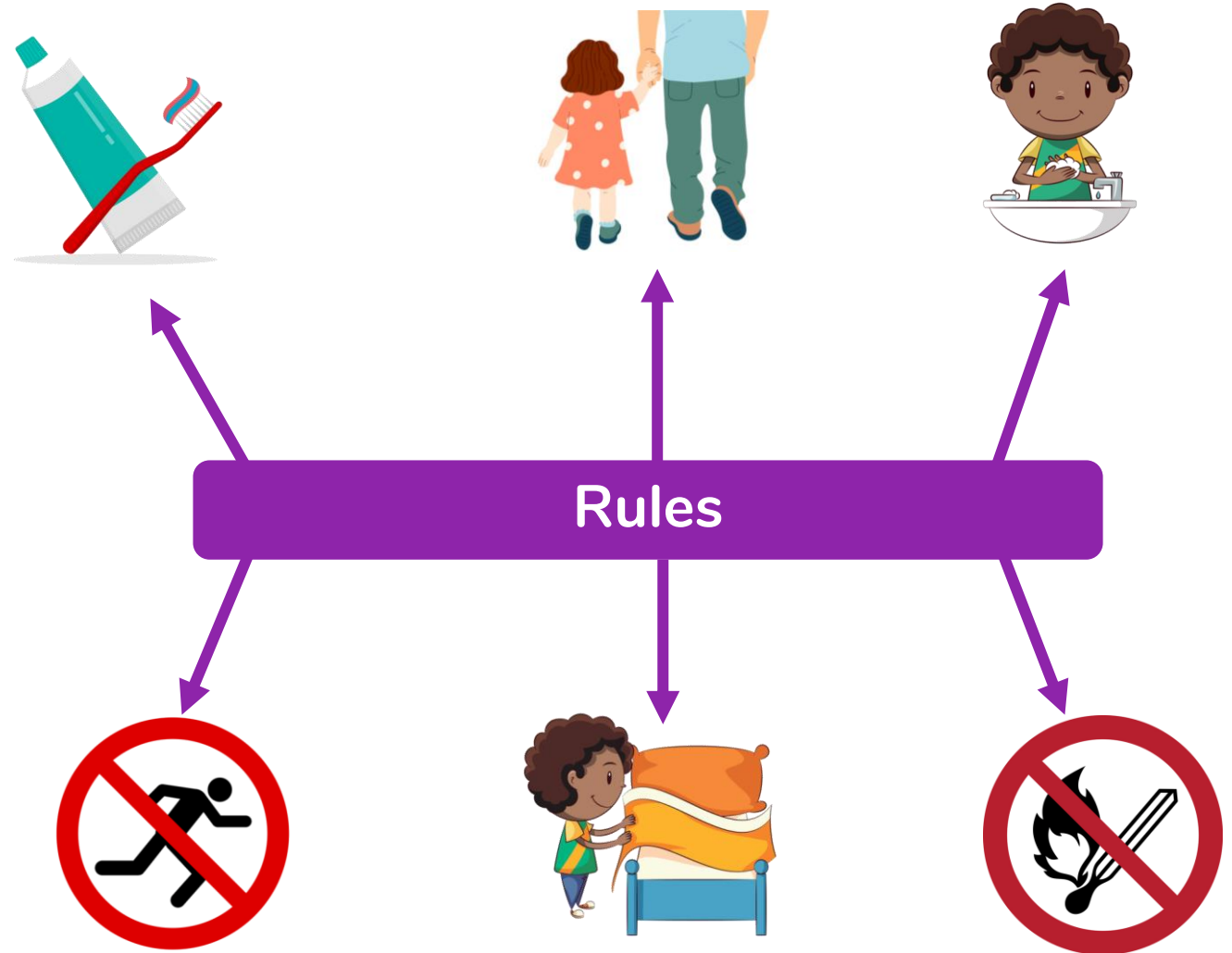
Rules

We need rules to help us to **stay safe, happy and healthy**.

There are rules we have at **home** and there are rules that we have **beyond home** such as school.

What rules do you think these pictures might be showing?

Which of these rules might we have at home and beyond home?



Rules for keeping us safe

Safety rules are the most important rules we should follow.

Safety rules might help to keep us safe as well as other people. Some of these rules are for technology.

Which of these safety rules do you have at home?

Which of these safety rules do you have beyond home?

Can you think of any other safety rules?



Don't run indoors.



Hold an adult's hand crossing a road.



Never play with matches.



Only go online with an adult's help.



Talk to a trusted adult if you need help.



Never play with cables.

Rules for keeping us healthy and happy

Rules for keeping us **healthy and happy** are important too.

These rules help to keep our **bodies** including our **brains healthy and happy**. Some of these rules are for technology.

Which of these healthy and happy rules do you have at home?

Which of these healthy and happy rules do you have beyond home?

Can you think of any other rules?



Eat healthy.



Protect your skin from the sun.



Get enough playtime.



Limit the amount of time you spend on a device.



Balance time on and away from a device.



Protect your eyes by taking breaks.

Rules for technology

These are all rules for when using technology such as a tablet device or a computer to go online.



Limit the amount of time you spend on a device.



Balance time on and away from a device.



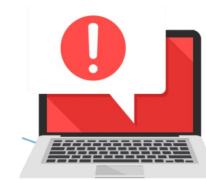
Protect your eyes by taking breaks.



Never play with cables.



Only go online with an adult's help.



Talk to a **trusted adult** if you need help.

Can you explain why each rule is important? What other rules can you think of?

Activity: Technology Rules at Home and School

- For this activity, open [Technology Rules at Home and School](#).
- Write down four rules that you think keep you safe at home and school. You can use the 'think about' to help you.
- Think about:
 - Rules that you have at home for technology.
 - Rules that you have at school for technology.
 - Why rules for technology are important.



Reflection

- Why do we have rules for using technology such as using a device to go online?
- What rule is the most important rule when using technology?

