

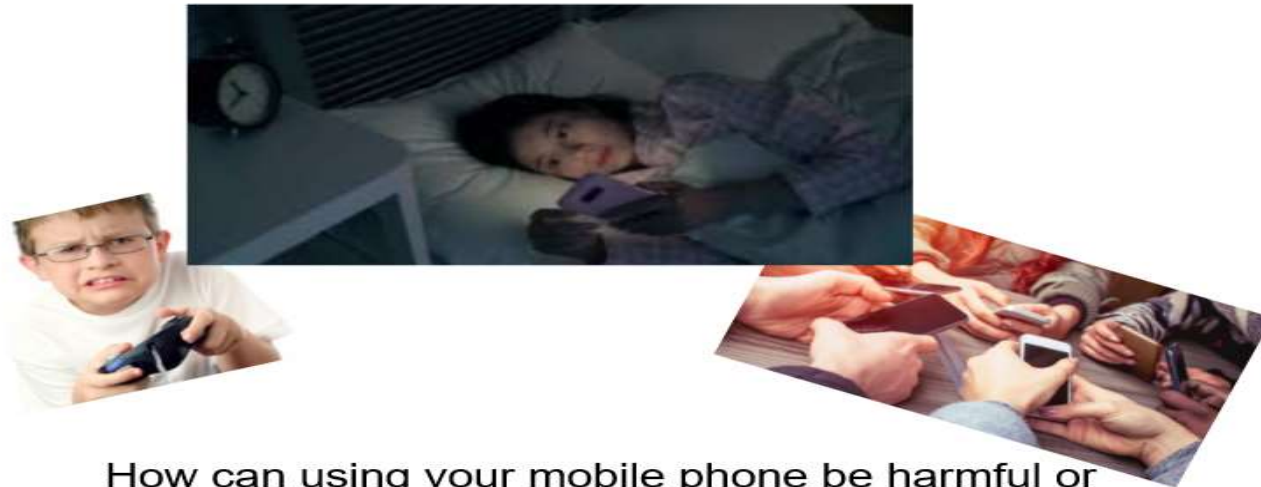
Understand how to keep safe and well when using a mobile phone



Click the link below and watch the video.

<https://www.bbc.co.uk/bitesize/articles/zhqbxyc>

What is meant by 'safe user habits' and 'digital wellbeing'?



How can using your mobile phone be harmful or unsafe?

Task: Make a poster explaining the questions above or have a discussion with your family.