

Managing our Digital World

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and

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Lumen Learning Trust
Learning together for a brighter future

Group Rules

▶ Do

Respect confidentiality.

Respect others' points of view.

Listen to each other.

Please mute your device.

Please ask questions or add comments via the chat icon.

Contact the HSLW at your child's school for more support following the sessions.

▶ Don't

Record the sessions.

Interrupt.

Share personal information that may be shared within this session with others.

SCREEN TIME

The World Health Organisation recommends :

Children under 2 should not have any screen time.

2 years : no more than 1 hour, preferably less.

3 – 4 years : no more than 1 hour, preferably less.

Internet Matters suggest that ...

Not all screen time is created equal so it's important to encourage children to have a healthy balance between passive screen time (i.e. watching YouTube) and interactive screen time (i.e. creating content or playing games online). There is no safe level of screen time but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall. One size does not fit all when it comes to screen time – it's more about getting it right for your family's needs.

BEDTIME AND THE EFFECTS OF WHITE LIGHT

- ▶ Too much screen time before bed delays your body's internal clock.
- ▶ It induces the hormone melatonin which makes it more difficult to fall asleep and over time this can build up leading to a chronic sleep deficiency.
- ▶ To reduce the effects on sleep try no devices for 2 hours before bed.
- ▶ Try reading instead and having calm bedtime routine.

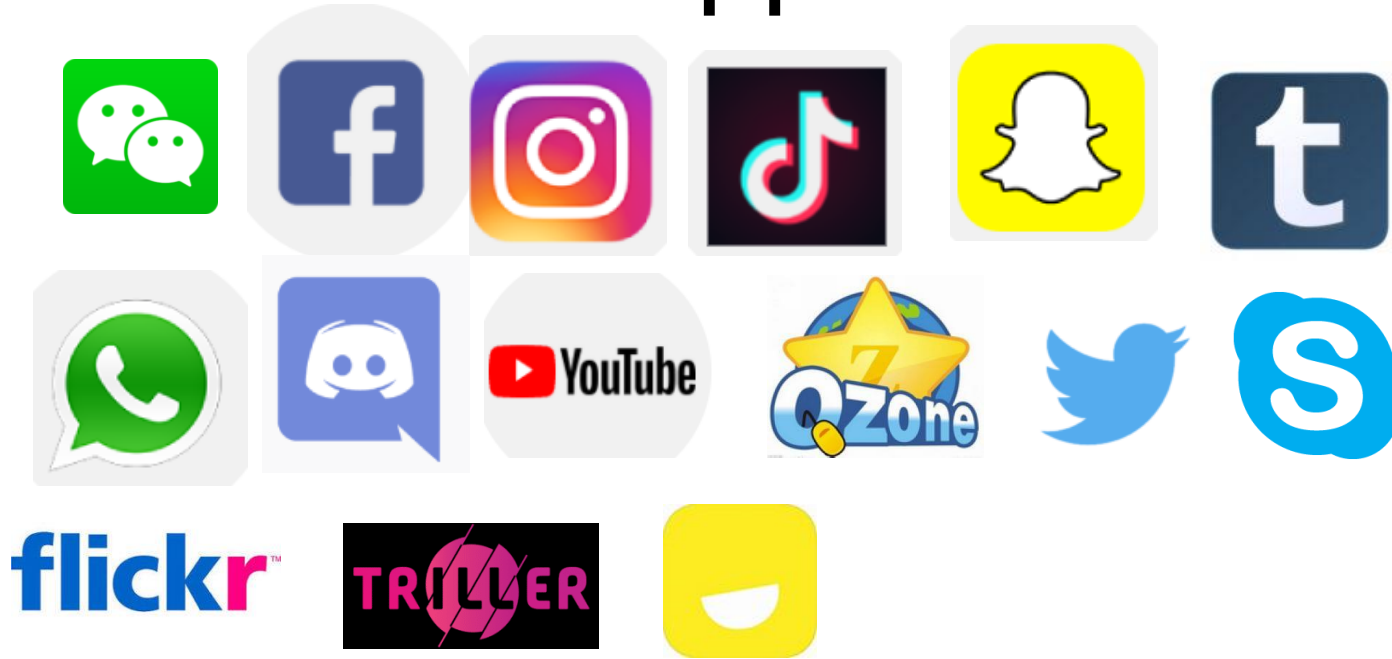


Home Work


Google classroom safety features

Although many safety features have been enabled by our administrators, it is still the responsibility of parents to monitor what children are accessing online at home. We will continue to teach children the importance of being responsible digital citizens and accessing age appropriate material and we appreciate parents supporting this at home with their children. This is why children are responsible for their own passwords and we have a 'safe' system for a secure password.


Apps



**Your guide to apps, games
and social media sites**

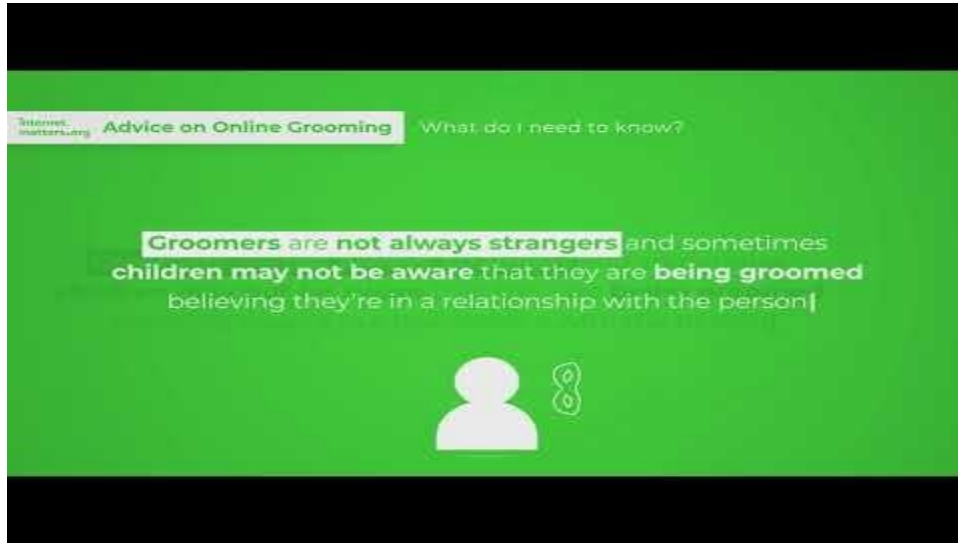
 

[View all apps, games and social
media sites >](#)

 [Watch our video about Net Aware](#)

NSPCC and Net Aware - www.net-aware.org.uk

ONLINE GROOMING



<https://youtu.be/GOsgQbmvuUQ>

SECURITY SETTINGS

- ▶ Do you know how to make sure you have parental controls on your devices?



Staying Safe Online

- Don't post any personal information online such as your address, email address or mobile number.
- Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- Keep your privacy settings as high as possible.
- Never give out your passwords.
- Don't befriend people you don't know.
- Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.
- Remember that not everyone online is who they say they are.
- Think carefully about what you say before you post something online.
- Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude.
- If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.
- <https://www.safetynetkids.org.uk/personal-safety/staying-safe-online/>

Cyberbullying

- ▶ Sending threatening or abusive text messages.
- ▶ Creating and sharing embarrassing images or videos.
- ▶ Trolling - the sending of menacing or upsetting messages on social networks, chat rooms or online games.
- ▶ Excluding children from online games, activities or friendship groups.
- ▶ Shaming someone online.
- ▶ Setting up hate sites or groups about a particular child.
- ▶ Encouraging young people to self-harm.
- ▶ Voting for or against someone in an abusive poll.
- ▶ Creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name.
- ▶ Sending explicit messages, also known as sexting.
- ▶ Pressuring children into sending sexual images or engaging in sexual conversations.

Report it and block!

<https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/>

▶ ***Jessie & Friends* is a safe and age appropriate resource**

The *Jessie & Friends* animations are age-appropriate and do not depict any situations where adults communicate with children online. Instead, they show safe, non-scary situations which help young viewers identify things which might worry them online. For example, in Episode 3 an older sister tricks three younger children into losing an online game. In this way young viewers learn how to identify online behaviour which is 'not right', and how to get help by telling an adult they trust. This learning will help keep them safe from many risky situations which they may encounter online.

▶ **Episode 1 - Watching Videos (4-5 years)**

The series begins with Jessie and her dog, named Dog, as they watch videos online using a tablet. Together they learn that while the internet can be enjoyable and fun, there are sometimes things online that can be upsetting or scary. Jessie learns that she can always speak to a grown-up who will be able to help her and put down the tablet if there is anything she sees or hears online that makes her feel worried, scared or sad.

► Episode 2 - Sharing Pictures (5-6 years)

Here we meet Mo and Tia, who together with Jessie complete the friendship trio. At Tia's birthday party they use Tia's older brother Kyle's mobile to take fun photos of themselves. The trio agree to send their photos to Tia's Nan but also a few other people whose numbers are saved in Kyle's phone. When the photos are shared with other children at their school without their permission, they turn to their teacher for help. The three friends learn about how images can get shared more widely than you first expect, and the importance of consent.

► Episode 3 - Playing Games (6-7 years)

Jessie, Tia and Mo are playing the exciting online game *Avelzon* where they are trying to beat their nemesis Dr Yekl. A 'friendly' unknown gamer starts chatting to Jessie in the game and offers to help the 'Supertotalmegaheros' in their quest. However Jessie soon discovers that the gamer's intention is not to help the friends, but to trick them into losing instead. Jessie, Tia and Mo learn that when playing online games they should keep their personal information private, only talk to people they know in real life and that they can tell an adult they trust if anything happens that makes them worried.

Support sites

- ▶ <https://nationalonlinesafety.com/>
- ▶ <https://www.ceop.police.uk/safety-centre/> - site for child exploitation
- ▶ <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- ▶ <https://families.google.com/familylink/>
- ▶ <https://www.xbox.com/en-IN/apps/family-settings-app>
- ▶ <https://www.thinkuknow.co.uk>
- ▶ <https://www.safety-net.org.uk/children-and-young-people/onlinesafety/>

How we can help...

In each of our schools we have a Home School Link Worker. Our role is to remove barriers to learning, whether these are issues around online bullying, behaviour, bereavement, parental separation and more.

There is nothing that we have yet to come across and we will do everything possible to help or we will find external advice or support from within our community.

Any questions?

HOME SCHOOL LINK WORKERS

- ▶ Kate Hobley - Walton Oak
- ▶ Shelly Lumb - Saxon School
- ▶ Emma Sutton - The Echelford Primary
- ▶ Jane Hughes - Riverbridge School (Nursery to year 1)
- ▶ Lyn Lenton-Clark - Riverbridge School (Year 2 to Year 6)
- ▶ Nikki Edwards - Darley Dene