

OUR ONLINE SAFETY CURRICULUM

This term our online safety theme was 'Self-Image and Identity.' We explored how our offline and online identities are shaped and how media impacts on gender, stereotypes, and our emotions. We discussed our own identities and how people represent themselves in different ways online whether this is real or edited and how this can affect our own behaviour.



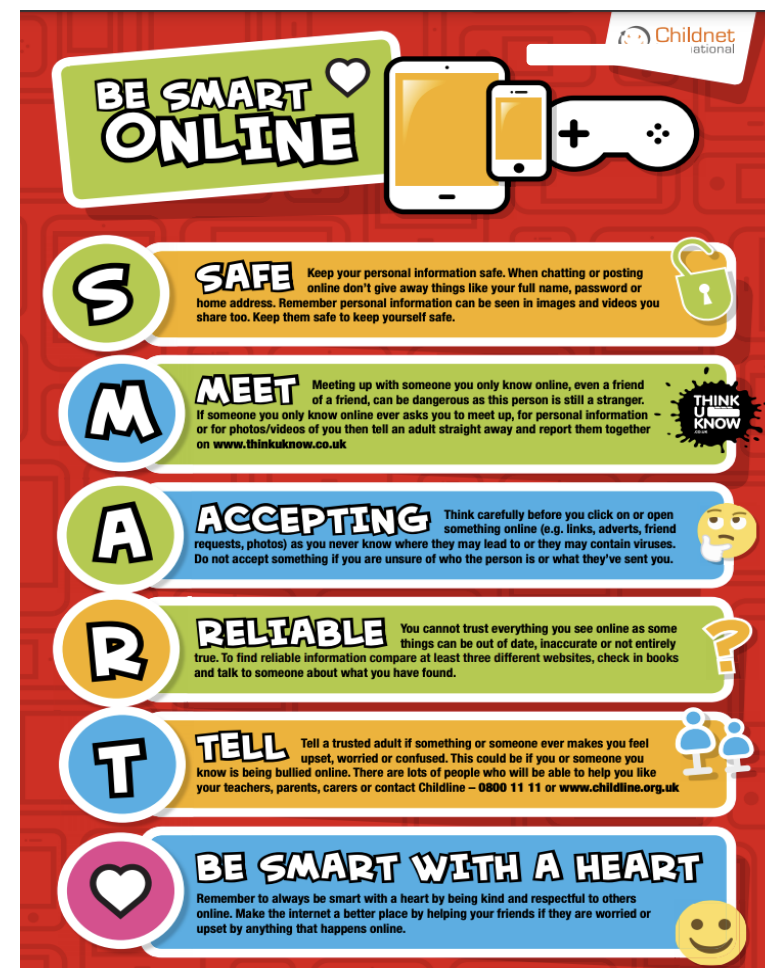
ProjectEvolve

Self-image & identity:
What can your child
tell you
about this term's topic?

This term we have been focusing on the 'S' in our online safety SMART rules.

You may want to watch this video about 'S' then watch and discuss it with your child:

<https://www.childnet.com/resources/video-lessons/the-s-rule/>



Get ready for ... Half term, Digital Parenting Week 24th- 28th October 2022!

The aim is to promote child and parent wellbeing – both online and off. Why not try a few of the following activities...



The Big Digital Dine in!

This is an opportunity for groups of people who you know, and trust come together online while dining. You may decide to have a virtual breakfast, lunch, or dinner with a family of another school friend, grandparents, cousins, or other relatives. Whether at the dining table or on the sofa, the aim is for groups of parents, children, and friends to find time to come together and share how they are doing – from parenting to life in general – over a healthy meal. Just don't forget to unmute! Of course, not all groups are able to join online. No problem – they can also connect face-to-face over a picnic instead.



(pic from Good Here)

The Digital Wellbeing 7-Day Challenge

A simple and adaptable week of activities which focus on a digital family wellbeing. How many will you try? Take photos or send us a message to let us know how you get on!

- Day #1: The Positivity Playlist. What music makes you feel good and boosts your mood? Create a playlist of everyone's favourite happy tunes and play them when you need a boost.
- Day #2: Share & Like. Make time to discover what each member of the group/family likes doing online. Spend some time exploring each person's favourite online platform – whether it's a game, someone's favourite streamers, or something else.
- Day #3: Breathe & Relax. Find some online activities that support relaxation and focus – such as guided breathing exercises or yoga classes. Could you make this part of your family's daily routine? Younger children might enjoy calming videos from Ollee <https://parentzone.org.uk/ollee/videos>. You can find out more about Ollee, the virtual online friend for children aged 7-11, <https://parentzone.org.uk/ollee/parents>
- Day #4: Digital Charades. Write down your favourite apps and games on pieces of paper and each person chooses one for the family to guess. You can then talk about why you like these platforms.
- Day #5: Squad Sweat-off. Look up a free online workout (it can be Joe Wicks or something even more challenging) and get those endorphins going round your bodies. Maybe each family/group member could pick a new workout each week – and keep each other motivated to keep it up?
- Day #6: How does digital make us feel? Individually and as a family or group, discuss how your daily online activities affect your emotions. Which aspects are working well? Are there things you would like to change?
- Day #7: Our Wellbeing Plan. Agree some household/group expectations for digital wellbeing. This could be where you use your devices, and places off-limits. It could be to agree where you charge them. And it could be things you will change to make sure your digital wellbeing is better supported.