

The children's charity Coram Life Education provides Health and Wellbeing Education support to school.

On **Monday 22nd September** the children in **KS2 (Y3-Y6)** will be taking part in workshops focussing on identifying the benefits and risks associated with being online, online behaviours and developing critical thinking skills.

The workshops will explore:

- Building positive relationships with online and offline friends
- Strategies for keeping personal information safe online
- How we deal with face-to-face and online bullying
- Recognise the impact of online behaviours on their mental and physical wellbeing
- Understand the different ways our decisions are influenced by online content – including through Influencers and online advertising
- Develop critical thinking skills in relation to online influences
- Identify positive ways to interact online, both publicly and privately and to manage their online behaviours and the time spent on screens.

We would like parents and carers to have the opportunity to come into school to find out about what the children cover in their sessions. Please be aware that the session is not about setting up parental controls, but about how you can support your child to behave safely and responsibly, and to manage the time they spend online.

The parent/carers session will take place at 8.50am on Monday 22nd September in the School Hall.

As this workshop is very valuable and is an addition to the PSHE curriculum, we would ask for a contribution of £2.50 per child please. This will be put onto School Gateway as a payment item, you can also pay by cash or card at the school office.

More Information:

There are several useful websites if you cannot make the parent session or would like further information:

Smartphone Free Childhood: A grass-roots organisation that supports parents and schools to change the norms around children's screen time and in particular the age at which they are given a smartphone. Find out more at the Smartphone Free Childhood's website: <https://smartphonefreechildhood.co.uk/>

Teched Off: An organisation that provides useful guides on setting parental controls – along with explaining why these are needed and also the limitations of such controls. You'll find these on the 'guides' section of their website. Find out more at the Teched Off website: <https://teched-off.com/>

NSPCC: www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware

Many Thanks