PSHE and Citizenship
My Digital Wellbeing

Guide for Parents and Carers

This lesson is aimed at children between the ages of seven and nine. It has been designed for parents and carers to work through with their child at home, using the **Lesson Presentation** to guide discussions.

Parents and carers can choose to just look through the **Lesson Presentation** without doing the consolidating activity, if time is short.

The consolidating activity provides an opportunity for the children to record their responses and develop their learning by creating a pledge about their digital wellbeing. The **Be Kind Online Sorting Cards** and **Social Media Survey** that are referred to in the lesson, are included in the pack for you to print off.

Here is a list of further activities, linking to the theme of 'digital wellbeing', that can be done at home:

- Create a short video telling others about online safety rules. A parent or carer could perhaps send this to a family member or close friend.

- Make up a story about a child who has a problem with cyberbullying and include what they did to get the problem resolved.

- Help your child do some online research, using a child-friendly search engine. This could be about their favourite animal or a hobby or interest they have.

- Make a glossary of all the terms used in this **Lesson Pack**, with definitions.

- Children could hand out the **Social Media Survey** to family members and friends then compile a chart or graph to show the results of the survey.

- With permission and supervision from an adult, children could join a safe and reputable online site suitable for their age, where there are games to play and players can 'chat' to each other by typing messages. These sites are usually monitored for inappropriate comments or behaviours. Playing these games together with your child provides opportunities for discussion about what sorts of information and messages are OK to share.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.

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