

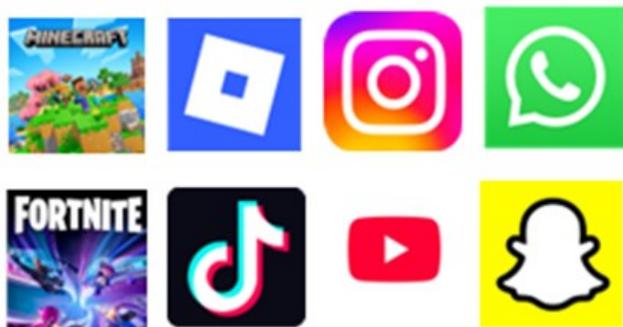
# Digital Wellbeing



We work hard to develop pupil **Digital Skills** and educate them about being safe online. Our pupils need those who look after them at home to keep them safe as well.

Important information on the following Apps is available for our parents and carers on the school website:

<https://www.eustonstreetps.co.uk/keeping-our-pupils-safe/>



# Digital Wellbeing

## Useful Websites

- [www.ceop.police.uk](http://www.ceop.police.uk)
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.childnet.com](http://www.childnet.com)
- [www.cybermentors.org.uk](http://www.cybermentors.org.uk)
- [www.digizen.org.uk](http://www.digizen.org.uk)
- [www.kidsmart.org.uk](http://www.kidsmart.org.uk)
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- [www.saferschoolsni.co.uk](http://www.saferschoolsni.co.uk)

Article 28—You have the right to a good quality education.

Article 17— You have the right to be given safe and honest information...

Article 19—You have the right to be protected from being hurt or mistreated in body and or mind.



## Eustie's SMART RULES



- Stay Safe** - Don't give out any personal information online including pictures, names or addresses.
- Don't Meet Up** – Don't speak to people online that your parents don't know about and never meet them.
- Don't accept files** - Never open Pop-up boxes, e:mails or files without speaking to your parents.
- Check Information** - Always check with your parents that information online is reliable, even for homework.



# Digital Wellbeing

## Years 1 - 3

*'Achieving Excellence Together'*



Eustie is our Digital Wellbeing mascot

**Information for parents**  
**Help @ Home**  
[www.eustonstreetps.co.uk](http://www.eustonstreetps.co.uk)

# Digital Wellbeing

# Eustie says,



I must know what my Digital Skills are

I must know how to use digital devices safely

I need to take breaks from screen time

A trusted adult must know I am online

A trusted adult must know who I am online with

I must know that not everything online is real or safe

I must tell my trusted adult if anything online makes me feel sad or scared

I must not tell anyone who I am online

I must never post any photos or videos online



Digital Online safety



Digital Etiquette and Identity



Digital Privacy and Security



Digital Consumer



Digital Law



Digital proficiency



# Help @ Home

# Eustie



# says, people at home should...

- Understand how to help me use digital devices
- Know what is safe for me online
- Use information on the school website to help keep me safe
- Use the Safer Schools App NI
- Limit my screen time
- Regularly check my digital device use
- Not let me use Apps that are too old or unsafe for me
- Report anything that could harm me online
- Do not let me purchase Apps or games online
- Talk to me if anything online has made me feel sad or scared
- Help me build a cyber resilience
- Teach me about my rights and my responsibilities online
- Explain that I have a Digital Footprint



# Digital Wellbeing



We will **celebrate** with our pupils as they develop their Digital Skills and when they are being safe online:

- Weekly excellence Awards
- School Value awards
- Monthly Tesco Award
- Class Dojos
- Class Digital certificates
- Digital Leaders Team awards
- Website/FB/Instagram appearance
- Digital Den rewards

