








# Star Awards



## Awards of the Week

If your child has an award below, you are invited to join us online for our Celebration Assembly next Friday at 9 o'clock. We will email you a link next week.

Class	Special Award Term Focus - Resilience	Star Award
	Caron Riding	Libby Baxter Maeve Forest
	Arthur Prior	Ivy Paulin Rose Armitage
	Lukas Troup	Florence Oliver Teddy Cooke
	Isla Edwards	Megan Chapman Joseph Baxter
	Sam Claridge	



# Safeguarding (from Childnet)



Young people are growing up in a world where technology has always been present for them, which can have a positive and negative impact on their lives

**Digital wellbeing** is about how the internet and technology can make us feel.

This includes recognising the impact being online can have on:

- Our emotions,
- Mental health and wellbeing
- Physical health and wellbeing.



Technology and the internet should be there to enhance and simplify our lives rather than be a cause of distraction, worry or upset.

However, not all online experiences are positive for young people, and this can have a negative impact on how they feel about themselves, their friendships and relationships and even how they see the wider world.

## **What impacts digital wellbeing?**

Any negative online experience could impact a young person's digital wellbeing, but there are some issues that young people tell us are more likely to shape how going online makes them feel.

### **Digital drama**

Falling outs and disagreements within friendships and relationships can often be seen as part of growing up but when these occur online they can become more complicated. The ambiguity of the internet and the fact that we cannot see someone's facial expression or hear their tone of voice can mean that messages and posts are misunderstood.

### **Desire to 'fit in'**

This could be pressure to look a certain way, receive a large number of likes or follows or even pressure to watch and engage with content they may not be comfortable with. For example, on social media young people may encounter highly edited images which portray an aspirational look or lifestyle which are often referred to as 'goals'. The pressure to conform to these 'goals' could leave a young person feeling negatively about themselves and their achievements.

### **Distressing content**

Unfortunately, not all online content is positive and some can have a worrying impact on the digital wellbeing of young people. This content could include upsetting news stories, adult websites like pornography or gambling, discriminatory content or messages or content which promotes self harm or eating disorders. Depending upon the nature of what they have seen sometimes it can be difficult for a young person to reach out for help in understanding what they have seen for fear of judgement or embarrassment.

### **Screen time and healthy balance**

It is likely that young people may engage with technology and the internet for extended periods of time every day/ week. This extended use of the internet has been reported to leave young people more likely to worry about how long they are spending online and what they have seen. It has also been linked to a sense of loneliness amongst young people. When it comes to using technology and the internet it all comes down to quality and not quantity, meaning that we should focus on making our use purposeful, and strike a healthy balance between online and offline experiences.



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## Top tips for parents and carers

⇒ Talk about how going online can impact our emotions

Make this a regular habit and try to check-in with young people after they've spent time on their devices.

⇒ Use wellbeing tools

For example, lots of devices and platforms offer tools to support digital wellbeing. You may also be able to turn off notifications for apps or use 'mute' or 'do not disturb' modes. Visit the useful links below for more ideas.

⇒ Model healthy behaviour, set boundaries and routines

It is important that young people see adults using technology in a healthy way so model this in your own behaviour. Using a Family Agreement or establishing a clear routine for younger children can also help set clear boundaries about meaningful use of technology.

⇒ Sign post to appropriate support

It's important that young people know who they can turn to for support, whether this is a trusted adult at home or school or by contacting a helpline.

⇒ Stay informed

It's also important that you know what to do or where to go for help if ever your child does need help with something that is worrying or upsetting them online. Visit our help page for parents and carers for more advice, support and reporting routes.



## Conversation starters

- What do you like to use technology for? How does it help you?
- What things make you happy when you use technology?
- What things worry you/ make you unhappy/angry/sad when using technology?
- What would you do if something online upset you? What advice would you give to someone else in this situation?
- How do you think your use of technology impacts your wellbeing? Good or bad?

## Useful Links



# BE SMART ONLINE



## S

### SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



## M

### MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**THINK  
U  
KNOW**  
CO.UK

## A

### ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



## R

### RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



## T

### TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)



## BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

