



# BE SMART ONLINE





## SAFE

Before you start playing online games, think about whether it's sensible to give out your personal details like your name, password, address, school, or email address. You should never give out your details to anyone who doesn't know them like your parents or carer.





## MEET

Meeting up with someone you've known online can be a great idea, but you should always be with a friend, and you should be in a public place. It's important to be a stranger, and you should always be with a friend. You should always be with a friend, and you should always be with a friend.





## ACCEPTING

Think carefully before you click on an online advertisement or link. It could be a scam, and you could lose your money. You should always be with a friend, and you should always be with a friend.





## RELIABLE

You cannot trust everything you see online as you can't see the person who's written it. You should always be with a friend, and you should always be with a friend.





## TELL

If you've noticed anything or someone who makes you feel uncomfortable, worried or confused, tell your carer or a trusted adult. You should always be with a friend, and you should always be with a friend.





## BE SMART WITH A FRIEND

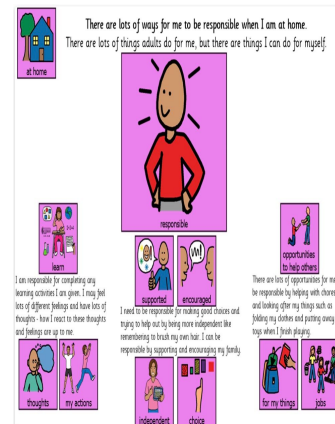
Remember to always be smart with a friend by being kind and respectful to others online. Make the internet a better place by helping your friends. You are encouraged to say anything to help someone else.



[www.CHILDNET.COM](http://www.CHILDNET.COM)



There are lots of ways for me to be responsible when I am at home. There are lots of things adults do for me, but there are things I can do for myself.



As we move into Phase 1 here is a visual representation of the changes and new government and healthcare guidelines and advice.



**Create a National Book Token design!**

**Your child can win a  
£10/€10 National  
Book Token for each  
of their classmates –  
and surprise them  
all when schools  
reopen!**

**Create a fabulous National Book Token design**, whether it's their school crest doodled in ink, a pencil drawing of the entire class, or something completely different, one child's design will be chosen to put on a National Book Tokens gift card every week for seven weeks.

All entries should be produced on A4 paper using [this printable template](#). Complete the entry form below to see where to email your scanned template. (If you do not have access to a printer and/or scanner, you can take a photo of the artwork and use [this editable form](#) instead).

The competition is open from Wednesday 6th May and the **closing date for entries is Sunday 28th June 2020.**

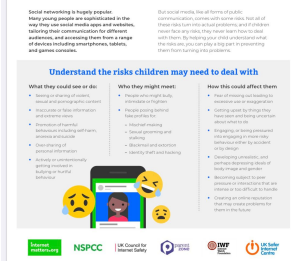
Play is the highest expression  
of human development in  
childhood, for it alone is the  
free expression of what is in a  
child's **SOUL**.

## FRIEDRICH FROEBEL

Parent(s)  
/  
Carer(s)

## Online Safety

A practical guide for parents and carers whose children are using social media.



## Learning New Skills or Hobbies

10+ FREE ways to **learn something new** at home including languages, guitar, Open University courses & more!



There are tons of free online and app-based resources that can help you learn and develop new skills in a fun way, from free courses, to tutorials and quizzes.

<https://www.moneysavingexpert.com/deals/deals-hunter/2020/03/free-ways-to-learn-new-skills-at-home/>

## What to Say to Kids Instead of "Be Careful!"

Help Your Child **Foster Awareness** by Saying:

- Notice how... these rocks are slippery, that branch is strong.
- Do you see... the poison ivy, your friends nearby?
- Try moving... your feet carefully, quickly, strongly.
- Try using your... hands, feet, arms, legs.
- Can you hear... the rushing water, the singing birds, the wind?
- Do you feel... stable on that rock, the heat from the fire?
- Are you feeling... scared, excited, tired, safe?

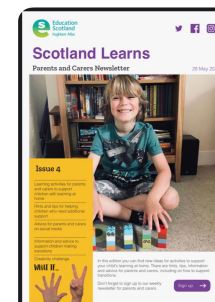
Help Your Child **Problem Solve** by Saying:

- What's your plan... if you climb that boulder, cross that log?
- What can you use... to get across, for your adventure?
- Where will you... put that rock, climb that tree, dig that hole?
- How will you... get down, go up, get across?
- Who will... be with you, go with you, help you if?

[www.backwoodsmama.com](http://www.backwoodsmama.com)



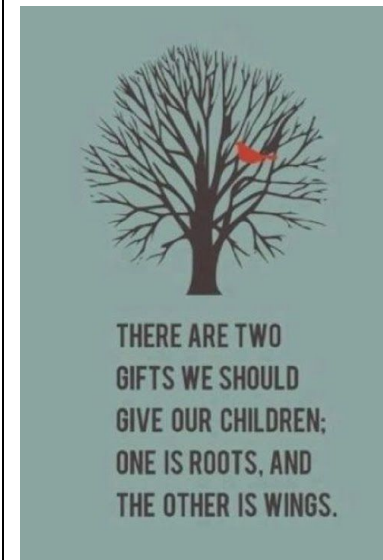
## Scotland Learns

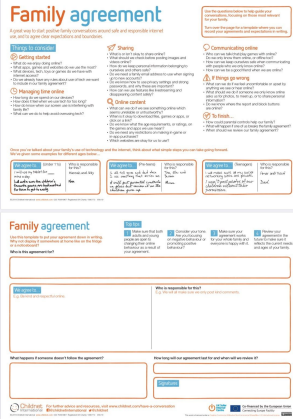

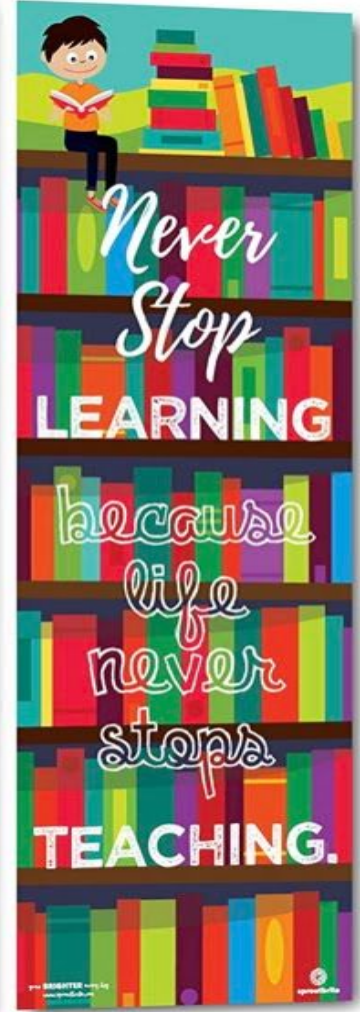


The later edition of the **Scotland Learns** newsletter is out now. There are lots of activities, tips for helping children who need additional support and advice on learning transitions. Check it out and sign up to get weekly:

<https://education.gov.scot/media/lyzeimtx/parentcarernewsletterissue4.pdf>

## Grow...



<p><b>Family</b></p>	<p><b>Family Agreement</b></p> <p>A great way to help start positive family conversations around safe and responsible internet use and to agree clear expectations and boundaries.</p>  <p><i>*see attached</i></p>	<p><b>Movie Week</b></p> <div> <p><b>Movie Night</b></p> <p><b>Monday</b></p> <ul style="list-style-type: none"> <li>Choose some movies that you think your family would enjoy.</li> <li>Create a survey asking which movie they want to choose.</li> <li>Take the top two choices and pick the name out of a hat.</li> </ul> </div> <div> <p><b>Movie Night</b></p> <p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>Create a poster advertising your movie.</li> <li>Make sure that you have put on the date, time and location of the movie.</li> <li>If you want you can add a summary of the movie beside it to give customers some information beforehand.</li> </ul> </div> <div> <p><b>Movie Night</b></p> <p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>Create tickets for the movie.</li> <li>Make sure you have the date and time correct.</li> <li>Try and be creative with your tickets!</li> </ul> </div> <div> <p><b>Movie Night</b></p> <p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>Prepare some special snacks for the movie</li> <li>Prepare the movie area (nice, dark and cosy!)</li> </ul> </div> <div> <p><b>Movie Night</b></p> <p><b>Friday</b></p> <ul style="list-style-type: none"> <li>Customers take their snacks</li> <li>Ask customers for their tickets</li> <li>Show them to their seats (if you have a flashlight even better!)</li> <li>Snuggle up together and enjoy a lovely family night of fun</li> </ul> </div>	<p><b>Whole School Photo Challenge</b></p> <p>Burnbrae will create a photo diary of our lockdown doorstep photos! Please tweet/facebook post/post on Glow Teams your lockdown doorstep photo - with a description of who is in the photo.</p> <p>Your photo can be you on your own, with your family, pets, etc as long it is on your doorstep. Why not get creative and use your imagination to create the image you capture.</p> <p>We can't wait to see your photos!</p> 	<p><b>Film Competition</b></p> <p>You can now enter the 2020 Childnet Film Competition from home, with:</p> <ul style="list-style-type: none"> <li>Three brand new categories.</li> <li>An extended deadline of Monday 22nd June.</li> <li>Updated entry packs for solo entrants, group projects and storyboard creators.</li> </ul> <p>How to enter the competition:</p> <ol style="list-style-type: none"> <li>Select the category below that you wish to enter.</li> <li>Download the competition pack which contains everything you will need, including competition packs and film making advice.</li> <li>Start getting creative, plan and make your film or map out your storyboard.</li> <li>Submit your entry and all consent forms to <b>film@childnet.com</b> by 5pm on Monday 22nd June.</li> </ol> <p><a href="https://www.childnet.com/resources/film-competition/2020">https://www.childnet.com/resources/film-competition/2020</a></p>	<p><b>Learn...</b></p> 
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# Family agreement

A great way to start positive family conversations around safe and responsible internet use, and to agree clear expectations and boundaries.

## Things to consider

### Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- What devices, tech, toys or games do we have with internet access?
- Do we already have any rules about use of tech we want to include in our family agreement?

### Managing time online

- How long do we spend on our devices?
- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

### Sharing

- What is or isn't okay to share online?
- What should we check before posting images and videos online?
- How do we keep personal information belonging to ourselves and others safe?
- Do we need a family email address to use when signing up to new accounts?
- Do we know how to use privacy settings and strong passwords, and why these are important?
- How can we use features like livestreaming and disappearing content safely?

### Online content

- What can we do if we see something online which seems unreliable or untrustworthy?
- When is it okay to download files, games or apps, or click on a link?
- Do we know what the age requirements, or ratings, on the games and apps we use mean?
- Do we need any restrictions on making in-game or in-app purchases?
- Which websites are okay for us to use?

Use the questions below to help guide your conversations, focusing on those most relevant for your family.

Turn over the page for a template where you can record your agreements and expectations in writing.

### Communicating online

- Who can we talk/chat/play games with online? Do we only know them online, or offline too?
- How can we keep ourselves safe when communicating with people who we only know online?
- How can we be a good friend when we are online?

### If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, to meet up, or to share personal information?
- Do we know where the report and block buttons are online?

### To finish...

- How could parental controls help our family?
- What will happen if one of us breaks the family agreement?
- When should we review our family agreement?

Once you've talked about your family's use of technology and the internet, think about what simple steps you can take going forward. We've given some examples for different ages below...

#### We agree to... (Under 11s)

I will use my tablet for \_\_\_\_ mins a day.  
I will make sure the children's favourite games are bookmarked for them to get to easily.

Who is responsible for this?

Hannah and Izzy

Nan

#### We agree to... (Pre-teens)

I will tell mum and dad when I see something that worries me.  
I will put parental controls in place but review it as the children grow up.

Who is responsible for this?

Tom, Ella and Jasmin

Mum

#### We agree to... (Teenagers)

I will make sure all my social networking sites are private.  
I won't post photos of our children without their permission.

Who is responsible for this?

Amar and Yusuf

Dad

## Family agreement

Use this template to put your agreement down in writing.  
Why not display it somewhere at home like on the fridge or a noticeboard?

Who is this agreement for?

### Top tips

- 1 Make sure that both adults and young people are open to changing their online behaviour as a result of your agreement.
- 2 Consider your tone. Are you focusing on negative behaviour or promoting positive behaviour?
- 3 Make sure your agreement works for your whole family and everyone is happy with it.
- 4 Review your agreement in the future to make sure it reflects the current needs and ages of your family.

### We agree to...

E.g. Be kind and respectful online.

### Who is responsible for this?

E.g. We will all make sure we only post kind comments.

What happens if someone doesn't follow the agreement?

How long will our agreement last for and when will we review it?

Signatures



For further advice and resources, visit [www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)  
@childnetinternational @childnet

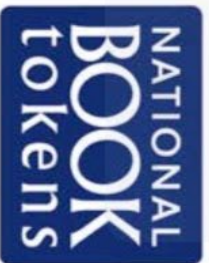
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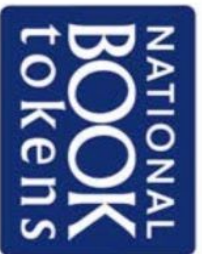
# CREATE A National Book Token DESIGN!

Win a £10 National Book Token emblazoned  
with your design for every child in class

DESIGN YOUR  
NATIONAL BOOK TOKEN  
HERE

A large, empty rectangular box with rounded corners, intended for the user to create their design for the National Book Token.

Don't forget to include your contact details on page 2 and  
complete the entry form on [nationalbooktokens.com/create](https://nationalbooktokens.com/create)



# CREATE A National Book Token DESIGN!

Win a £10 National Book Token emblazoned  
with your design for every child in class

CHILD'S FULL NAME: \_\_\_\_\_

CHILD'S AGE: \_\_\_\_\_

YOUR FULL NAME: \_\_\_\_\_

YOUR RELATIONSHIP TO THE CHILD:

☐ Teacher

☐ Parent/guardian

☐ Other (please specify) \_\_\_\_\_

YOUR EMAIL ADDRESS: \_\_\_\_\_

SCHOOL NAME: \_\_\_\_\_

I give permission for the above-named child to enter the competition

I accept the terms and conditions\*

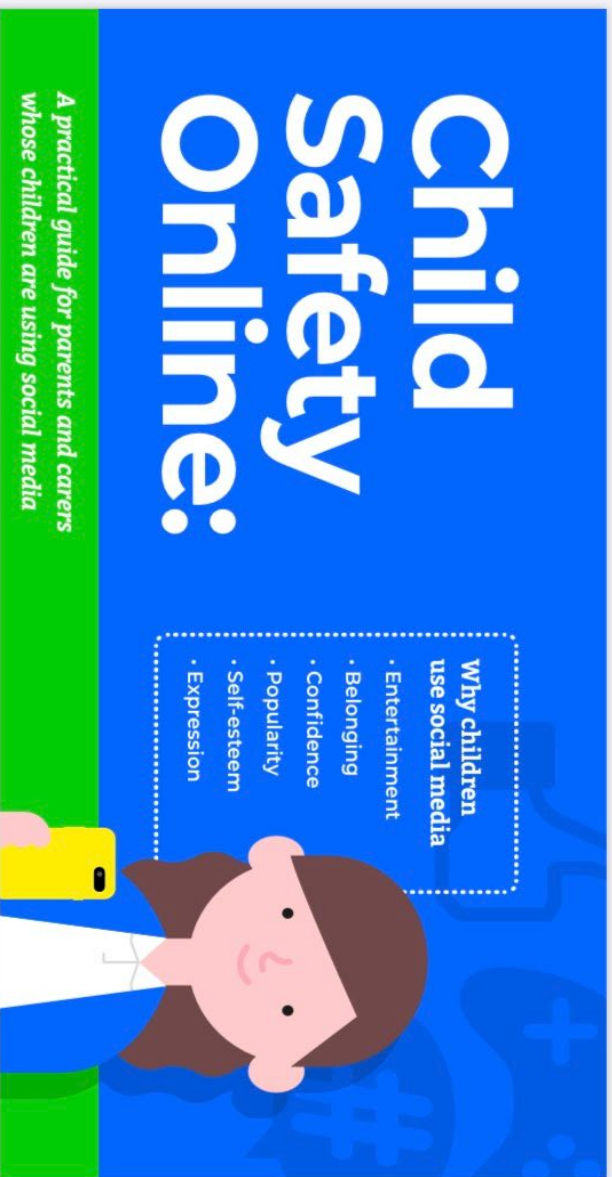
I have completed the entry form on [nationalbooktokens.com/create](https://nationalbooktokens.com/create)

YOUR SIGNATURE: \_\_\_\_\_

**National Book Tokens** have been inspiring booklovers since 1932. We work with our charity partners World Book Day, Book Aid International and Read for Good — and through the thousands of people who give National Book Tokens as gifts and rewards each year — to encourage a lifelong love of reading among children everywhere. Accepted in thousands of bookshops across the UK, National Book Tokens are the perfect way to reward and inspire. Find out more at [nationalbooktokens.com](https://nationalbooktokens.com)

\*Terms and conditions can be found at [www.nationalbooktokens.com/create](https://www.nationalbooktokens.com/create)





Social networking is hugely popular. Many young people are sophisticated in the way they use social media apps and websites, tailoring their communication for different audiences, and accessing them from a range of devices including smartphones, tablets, and games consoles.

But social media, like all forms of public communication, comes with some risks. Not all of these risks turn into actual problems; and if children never face any risks, they never learn how to deal with them. By helping your child understand what the risks are, you can play a big part in preventing them from turning into problems.

## Understand the risks children may need to deal with

### What they could see or do:

- Seeing or sharing of violent, sexual and pornographic content
- Inaccurate or false information and extreme views
- Promotion of harmful behaviours including self-harm, anorexia and suicide
- Over-sharing of personal information
- Actively or unintentionally getting involved in bullying or hurtful behaviour

### Who they might meet:

- People who might bully, intimidate or frighten
- People posing behind fake profiles for:
  - Mischief-making
  - Sexual grooming and stalking
  - Blackmail and extortion
  - Identity theft and hacking

### How this could affect them

- Fear of missing out leading to excessive use or exaggeration
- Getting upset by things they have seen and being uncertain about what to do
- Engaging, or being pressured into engaging in more risky behaviour either by accident or by design
- Developing unrealistic, and perhaps depressing ideals of body image and gender
- Becoming subject to peer pressure or interactions that are intense or too difficult to handle
- Creating an online reputation that may create problems for them in the future





## Practical tips to help minimise the risks your child might face

It's good practice for apps and websites to have safety advice and well-designed safety features which can make a real difference to how safe your child will be when using them.

Work through safety and privacy features on the apps that your child is using, or might use. Make sure they understand the point of these and how to use them. Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.

- **Ask them to show you** which social media apps they use and what they like about them. Talk about how they like about and what makes them so engaging.
- **Explain how you can use privacy settings** to make sure only approved friends can see posts & images.
- **Check if any of their apps have 'geo-location' enabled**, sharing their location unintentionally.
- **Show them how to report offensive comments** or block people who upset them.
- **Check 'tagging' settings** so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos.
- Encourage your child to **come and talk to you** if they see anything that upsets them.

## Keep talking and stay involved

In a mobile age, children can't be completely protected, even by the best privacy controls; another child may use different settings. So it's important to keep talking to your child about the implications of social media.

Getting a sense of what they think is a useful place to start; you may be surprised by how much thought they may have given to the issues. Encourage your child to think carefully about the way they, and others behave online, and how they might deal with difficult situations.

- People may **not always be who they say they are online**: how can this create problems?
- Why is it **unwise to meet** anyone in the real world that you've only ever met online?
- Even if you think your messages are private, remember that words and images can always be **captured and broadcast**.
- People **present themselves differently online** - do they really look like that? Are they always having that good a time?
- Be aware that screens, and especially being anonymous, can lead people to say things they **wouldn't say to someone's face**.
- What does **being a good friend** and a **likeable person** online look like?
- There can be **pressure to be part of a particular group** online or to be seen to be **following a certain set of ideas**. How can you take a step back and make your own decisions?

### For more information

You can find out more about how children use social media, the apps they use, the risks they face, how to use privacy settings, and advice and tips about how to talk to your children at:

[www.childnet.com/sns](http://www.childnet.com/sns)  
[www.internetmatters.org](http://www.internetmatters.org)  
[www.nspcc.org.uk/online-safety](http://www.nspcc.org.uk/online-safety)  
[www.parentzone.org.uk](http://www.parentzone.org.uk)  
[www.thinkyouknow.co.uk/parents](http://www.thinkyouknow.co.uk/parents)  
[www.askaboutgames.com](http://www.askaboutgames.com)

### To make a report

Concerned about online grooming or sexual behaviour online? Contact CEOP: [www.ceop.police.uk](http://www.ceop.police.uk)

If you stumble across criminal sexual or obscene content on the internet you should report it to the Internet Watch Foundation: [www.iwf.org.uk](http://www.iwf.org.uk)

