DIGITAL CITIZENSHIP WEEK

16th October, 2024 Parent Workshop

Help your students reflect on how their digital lives impact their social and emotional well-being with our free lessons and templates.

Digital Leaders

Raising Children in a Digital World

Miss Foulkes
Online Safety leader

Raising Healthy Kids in a Digital World

In this workshop, we'll reflect on:

- Finding a balance with media and technology at home.
- Choosing high-quality media at home.
- Online Safety at home.

Technology is here to stay.

"The World Economic Forum estimates that 65% of children today will end up in careers that don't even exist yet."

Benefits

- Communicating with loved ones far away
- New careers
- Access to information
- Broadcast yourself
- Entertainment
- New learning tools
- Connection to the world
- Learn anything online

Fears/Challenges

- Monitoring use of tech
- Tech addiction
- Inappropriate content
- Online predators
- Online bullying
- Violence
- Dangerous "challenges" and trends
- Too much access at an early age

Finding Balance with Media and Tech Use at Home

~~Screen time~~

Quality media

Healthy MEALS of media

M
Model

Set a good example! Your kids will learn from watching your actions.

E
Engage

Have conversations about the content they watch. Use media to make connections to real life.

A
Adjust

Not all screen time is the same. Choose appropriate, high-quality content.

L
Limit

Set healthy rules and expectations for your home.

S
Support

Support each other! Be patient, even on days when rules go out the door!

Choosing High-Quality Media for Your Kids

Among 0- to 8-year-olds, 73% of their daily screen time is spent watching television or videos.

When we asked some of our pupils, we found that most children have over 1 hour screen time.
Some children in Year 5&6 claimed to have around 3-4 hours a day.

How do media choices affect children? Consider...

- Does it reflect your child's interests?
- Does it support language or literacy development?
- Does it help you have fun together?
- Does it encourage your child to use their imagination?
- Does it promote math, science, history, or the arts?
- Does it teach kindness, empathy, and how to be a friend?
- Is your child engaged? Does it hold their attention?
- Does it encourage movement, like dancing or exercise?

To watch this video on the Common Sense website, click here.

Age Range
7 - 9 years

Devices
1 selected

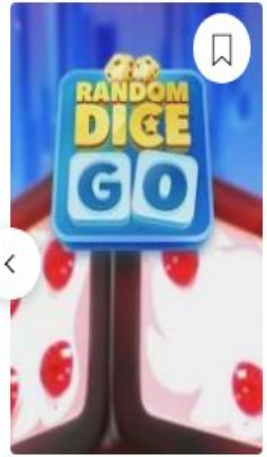
Content Limits
0 set

Rated Highly For
0 selected

Genres
0 selected

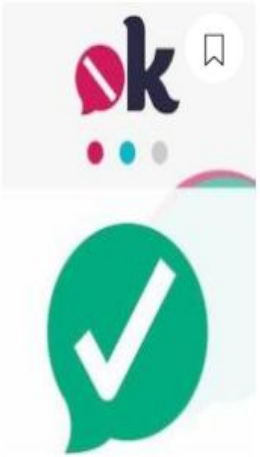
Topics
0 selected

Top Picks for Bob



Random Dice: GO

age 8+



notOK

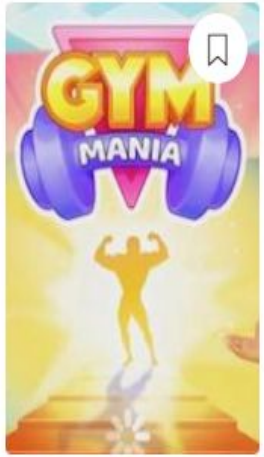
age 8+

ReDrawn: The Tow...

age 8+

Puzzle Adventure

age 9+



Gym Mania: Fitnes...

age 8+

Timberman - The B...

age 9+

A Sligh

age

Suggested Apps and Games For EARLY YEARS

Learning

FISH SCHOOL HD

This app teaches young children (age 2-5) about important things like letters, shapes, numbers and more, all set in a colourful underwater setting with adorable sea creatures. The basic idea has fish and sea creatures forming the shapes of letters, numbers etc that your little one can identify. Developers Duck Duck Moose have a lineage of creating family friendly apps and games with 21 top-selling apps since 2008. Fish School HD has over 50,000 downloads and offers a rounded package of activities, but many other apps by this developer are highly rated and offer a few twists on the formula. As always it's worth checking a few out to see which best suits your child's interests. Fish School HD is available for free on iOS and Android.

GREEN EGGS AND HAM - DR. SEUSS

The classic Dr. Seuss book has been reworked into an interactive adventure for modern day devices, with an emphasis on encouraging literacy learning in younger children. Within the app, there's a few different options on how to enjoy the story; you can read it aloud together, have the app read the book and follow along, or just play the story through automatically. You can even tap on words to hear them individually to practice vocabulary. While the app will set you back £3.79 on Android (£3.99 on iOS) it has an excellent rating and over 10,000 downloads, with many noting how much their young children have enjoyed the story. It speaks volumes about the quality of the work, too, that a book from 1960 can still be read and loved by children some two generations after its initial release.

TOCA LAB: ELEMENTS

Toca Lab is the app of choice in encouraging little scientists to get to grips with elements, our world and how physics and chemistry work. This one might be a little advanced for younger kids and, though it has a PEGI 3 rating, it does recommend ages 6-8 in the description. All 118 elements are present in Toca Labs and kids are encouraged to find and test them all. Experimenting with things like Gold, Neon, Hydrogen and more, it gives a better grasp of how everything in our universe is formed. Bear in mind though that it's not meant to be a scientifically accurate account of how elements react, but to build curiosity in young minds. The app is available on iOS and Android for £3.99.

BAREFOOT WORLD ATLAS

What's the next best thing to travelling the world? Well, for kids with access to an iPad or Apple phone, Barefoot World Atlas could be a close second. In this app available only on iOS for £4.99, kids and adults can explore the globe from the comfort of their own homes and learn all about our planet. The app, which is rated 4+, only appears on Apple devices but the sheer amount of information contained in here will keep curious kids busy for hours on end.

SKETCHBOOK - DRAW AND PAINT (AUTODESK SKETCHBOOK ON IOS)

Encouraging artistic ability at an early age can often be invaluable in letting kid's imaginations loose and there are many apps that allow them to unlock that passion. SketchBook comes highly recommended with over 300,000 reviews. Essentially, the app comprises a blank canvas and a host of "fast and powerful creative sketching tools" like pens, pencils and paint brushes to let those creative juices flow. SketchBook is rated PEGI 3 so even younger children should be able to get to grips with it. However, it could prove a little too complex for some and the large collection of tools and crisp graphics would suit a larger screen like an iPad, over a mobile phone. Despite this, the ability to simply mess around and doodle, coupled with more advanced accessibility later down the line, should make it a must own for all age ranges. The app is free to download on both Android and iOS.

Suggested Apps and Games For 7-11 YEARS

SUPER MARIO ODYSSEY

Widely regarded as one of the greatest games Nintendo have ever made, Super Mario Odyssey provides family friendly fun and a challenging environment for kids to learn new skills in a video game. Rated PEGI 7, Odyssey can be enjoyed by almost any age range, even those who are young at heart. The caveat is that the game is only available on Nintendo Switch, so some investment will need to be made, but the console boasts a host of other child-safe titles and the ability to play on the go as well as at home.

NETFLIX

As obvious as it may sound, Netflix's children's section is ideal for keeping young ones and toddlers out of trouble on long journeys or at home. The specific profile for kids allows them to only view content appropriate for younger audiences which lets you and them watch their favourite shows and movies anywhere, at any time. Curated playlists, easy navigation through TV series and movies, and no-hassle auto-play means a stress-free guarantee. The only downside to the app is that it requires a Netflix subscription in order to use it but if you're happy to pay the monthly cost, it's an absolute must for any parent.

MINECRAFT

Minecraft is one of those rare, timeless classics that can be enjoyed by every age group. Coming in both a console version and a pocket edition for mobile devices, the sandbox world-building fun in Minecraft can be an amazing place to let your imagination run wild. The game can be played online with friends and supports cross-play, meaning that no matter what device everybody has, it can be played together. While the game isn't free, it will undoubtedly provide hours and hours of fun for the whole family so it's worth the investment of a one-time purchase. As one of the most popular games ever released, it inspires critical thinking, problem solving and above all, fun.

LEGO MOVIE MAKER 2

The LEGO Movie Maker 2 app lets users create their own stop-motion movies and upload them for others to watch online. Kids can create a short LEGO movie in whatever genre they like using a range of easy to use tools and are able to add in sounds and visual effects to make the videos look super realistic. All movies are moderated before they make it online so you can be sure no sensitive information is uploaded or viewed by third parties. The app is free to download on both iOS and Android devices but does require creation of a LEGO account to upload videos. The only information needed for an account is the country you live in, your email address and date of birth. While it's rated for 4+, kids of 8 and up will get the most out of this one.

ADVENTURES OF POCO ECO: LOST SOUNDS

If something more slow-paced and chilled out is on your radar, Adventures of Poco Eco should be able to scratch that itch. With an emphasis on creating a rich and inviting musical soundscape over hardcore gameplay, the puzzle action is perfect for unwinding young minds, as opposed to challenging them. The single-player game is available on all iOS and Android devices, as well as the Amazon Kindle Store and you can also nab yourself a free copy of the soundtrack with the purchase.

Suggested Apps and Games For 11-14 YEARS

Learning

EVERNOTE

If keeping track of things like homework, links, images or basically anything is an issue, then Evernote could be your new best friend. While not strictly a learning app, Evernote does make organising learning so much easier. Used by both professionals and students, this app helps facilitate keeping on top of executive functioning skills, with online planners and notebooks made available across all your devices and computers. With over 1.5 million downloads, Evernote is one of the most popular organisational apps in the world, and is free to download on iOS, Android and the Amazon Store.

DRAGONBOX

DragonBox isn't one singular app, but a series of educational and learning games designed to teach the fundamentals of Mathematics. There are 5 apps in total for learning Algebra, Geometry, Numbers, Big Numbers and Elements. Each app contains a number of mini-games to get kids thinking about getting a head start on the daunting numerical subject, backed by bright and charming visuals. Each app comes in at between £3.99 and £5.99 on iOS and Android making it one of the more pricier investments. However, once you've paid the upfront cost, the entire app is unlocked and free to explore. It should also be pointed out that because most of the DragonBox collection is recommended for children between 6 and 12 year's old, older kids with a decent grasp on Maths might find this a little beneath their skill level.

NSF SCIENCE ZONE

Apps about our world don't come much more official than being created by the National Science Foundation, which is exactly where NSF Science Zone comes in. Featuring a wide array of videos and high-resolution pictures focusing on everything from the far reaches of space to the microscopic organisms that inhabit our planet and everything in between, this is perfect for anybody curious about nature and the world. The app is 100% free on iOS and Android and would be perfect as a visual encyclopedia for anybody doing any science related study. All the information on the Science Zone app has been provided by scientists and universities around the globe so you can be confident of it being the highest possible standard to teach your young ones.

GUITAR COACH CHORDS TUNER TABS

Learning instruments like the guitar has never been simpler thanks to all the modern technology at our fingertips. Learning visually can often be the difference between giving up and persevering to acquire a truly sought-after skill. HD videos, animated fretboards, chord diagrams and more make this app a one stop shop for getting to grips with the basics. Guitar Coach Chords Tuner Tabs is available for a free trial or monthly subscription for unlimited access on both iOS and Android, essentially acting as a pocket tutor for the stringed instrument. If time and money are a factor in taking the plunge into learning guitar, it makes sense that an app like this can help start you on the right path.

DUOLINGO

What's better than mastering one language? Mastering all the languages! DuoLingo is world renowned for being able to teach anybody a new language with its fun and easy to use app. Ideal for kids picking up a second language at school, DuoLingo offers a variety of languages including French, German, Spanish, Dutch, Italian, Irish and more, all for free. You simply choose which language you want to learn, what kind of commitment you can give per day and away you go. The best part about DuoLingo is that it is completely free to download and use and will even send you helpful notification reminders when it's time to learn some new words and phrases. It should be pointed out that there are some in-app purchases, but they're strictly optional and transparent throughout, so no sneaky accidental payments can be made.

National

Online Safety - Teaching children to be good digital citizens.

To watch this video on the Common Sense website, click **here**.

Online safety at Varna - Teaching your children to become Digital Citizens

Children receive a 1 hour computing lesson each week.

These computing lessons follow Knowlsey Computing Scheme of work which teaches e-safety, computer science, information technology, digital literacy and mandatory skills throughout the year.

In addition to this, we teach explicit Digital Citizenship lessons throughout the year.

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

1
MONITOR VIEWING HABITS
Whilst most apps have moderation tools, inappropriate content can still slip through the net.

2

CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.

1. UNDERSTAND THE ALGORITHM

73

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

CHECK AGE-RATINGS

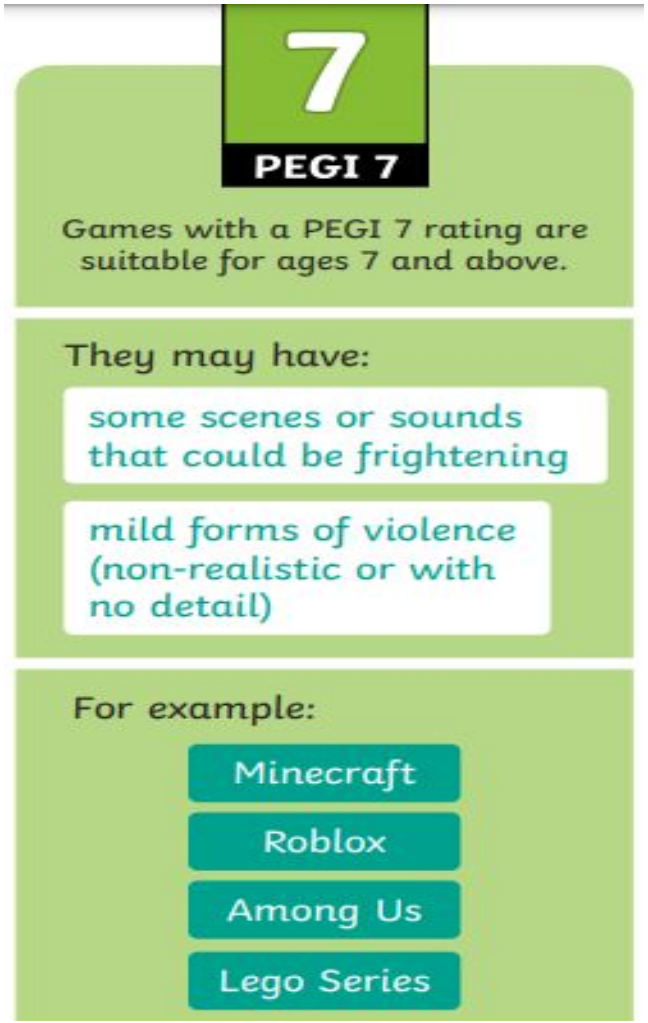
Make sure they are old enough to use the app and meet the recommended age-limit.

What are they?

'Age Ratings'

A game's age rating can be used by adults to make an informed choice as to whether or not a game is suitable for their child. The PEGI (Pan European Game Information) system rates games and, instead of indicating the level of ability required to physically play a game, it indicates the suitability of content for that age group. 3, 7, 12, 16 and 18 are the labels that can be awarded to games and a variety of content descriptors such as violence, bad language and fear are used to further clarify why the label was assigned.

3
PEGI 3
Games with a PEGI 3 rating are suitable for all ages.
They may have:
child-like settings
comical violence
language more suitable for young children
For example:
Just Dance
FIFA
DiRT Rally
Animal Crossing


7
PEGI 7
Games with a PEGI 7 rating are suitable for ages 7 and above.
They may have:
some scenes or sounds that could be frightening
mild forms of violence (non-realistic or with no detail)
For example:
Minecraft
Roblox
Among Us
Lego Series

Games with a PEGI 12 rating are suitable for ages 12 and above.

They may have:

- violence of a slightly graphic nature involving fantasy characters
- suggestive activities or language
- gambling
- mild bad language

For example:

- Sims
- Fortnite
- Dragon Ball FighterZ
- Super Smash Bros. Ultimate

Games with a PEGI 16 rating are suitable for ages 16 and above.

They may have:

- violence and adult content that looks like real life
- bad language
- scenes demonstrating the use of tobacco, alcohol or illegal substances

For example:

- Marvel's Avengers
- Battlefield 2042
- Halo Infinite
- Marvel's Spider-Man

Age Restrictions for Social Media Platforms

13 is the minimum age for account holders on these social media sites and apps.

Twitter

Facebook

Instagram

Pinterest

Messenger

Tik Tok

Discord

Snapchat

Twitch

Yubo

Reddit

YouTube

BeReal.

BeReal

Age Restrictions for Social Media Platforms

16 is the minimum age for account holders on these social media sites and apps.

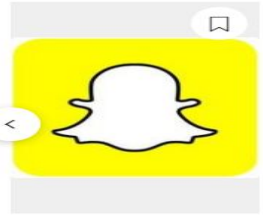
Games with a PEGI 18 rating are suitable for ages 18 and above.

They may have:

- extreme violence
- explicit adult content
- the glamorised use of illegal substances

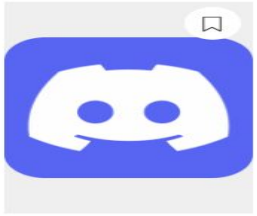
For example:

- Call of Duty: Warzone
- Grand Theft Auto V
- Far Cry 3 Blood Dragon

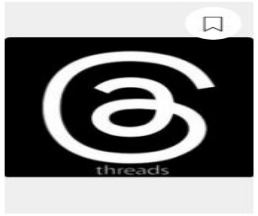


Snapchat
age 16+

Saturn
age 14+

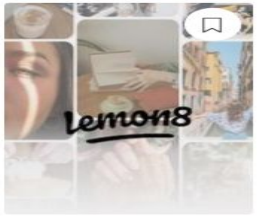


Discord
age 13+



Threads
age 14+

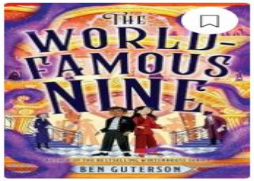
Peridot
age 4+



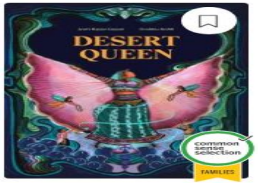
Lemon8
age 18+

1 Bit S
age

In Every Life
age 3+

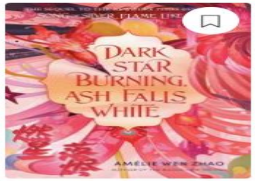


The World-Famou...
age 9+



Desert Queen
age 6+

Sky's End: Above t...
age 14+



Dark Star Burning, ...
age 14+

I Am Ruth Bader Gi...
age 7+

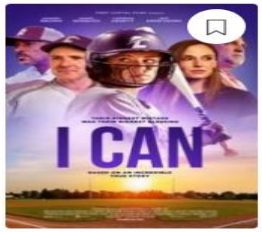
A Frag
age

The Tiger's Appren...
age 8+

Orion and the Dark
age 8+

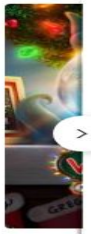
Journey to Bethleh...
age 8+

Chicken Run: Daw...
age 7+



I Can
age 8+

Merry Little Batman
age 7+



Diary
age

2.37
Settings
Privacy
Location Services
On
Contacts
Calendars
Reminders
Photos
Bluetooth Sharing
Microphone
Speech Recognition
Camera
Health
HomeKit
Media & Apple Music
Motion & Fitness
2.46
< Settings
Game Center
GAME INVITES
Allow Invites
Nearby Players
Allow friends to invite you to play games. Allow nearby Game Center players to find and invite you to multiple games over Wi-Fi or Bluetooth.
GAME CENTER PROFILE
Oscar@NOS
FRIEND RECOMMENDATIONS
Contacts
2.52
Settings
Screen Time
SCREEN TIME
Today at 9:23 PM
Oscar's iPhone
5h 7m
Social Networ...
2h 11m
Productivity
42m
Reading & Reference
9m
Downtime
9:01 PM - 9:03 PM
App Limits
Set time limits for apps.
Always Allowed
Choose apps you want at all times.
Content & Privacy Restrictions
Block inappropriate content.
Change Screen Time Passcode
How to Restrict Built-in Apps/Features
How to Restrict Game Centre
How to Restrict iTunes & App Store Purchases

5
SPEND TIME ON THE APP
Get used to how apps work, what content is available and what your child likes to watch.

6
LET CHILDREN KNOW YOU'RE THERE
Ensure they know that there is support and advice available to them if they need it.

7
ENCOURAGE CRITICAL THINKING
Talk about what people might post online and why some posts could cause distress.

9

KEEP AN OPEN DIALOGUE

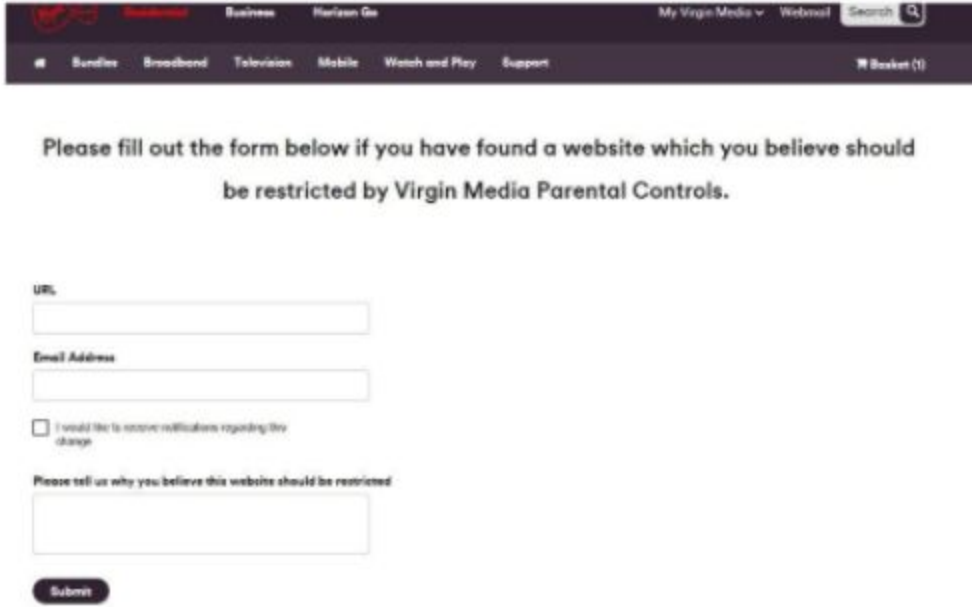
If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

Managing your home Internet filter



Set up content rating restrictions

Content filters keep your child from viewing unsuitable material. They block apps, films and TV shows with specific age ratings, and music and podcasts with explicit content.

1. Open Settings
2. Tap Screen Time
3. Enable Content & Privacy Restrictions
4. Tap Content Restrictions
5. Choose the Settings for each feature you which to restrict

Set up web restrictions

Website content filters restrict age-inappropriate content on Safari. You can also blacklist certain websites or allow access only to approved sites.

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Content Restrictions
4. Tap Web Content
5. Choose between Unrestricted Access, Limit Adult Websites and Allowed Websites Only
7. Choose which websites you wish to allow/block

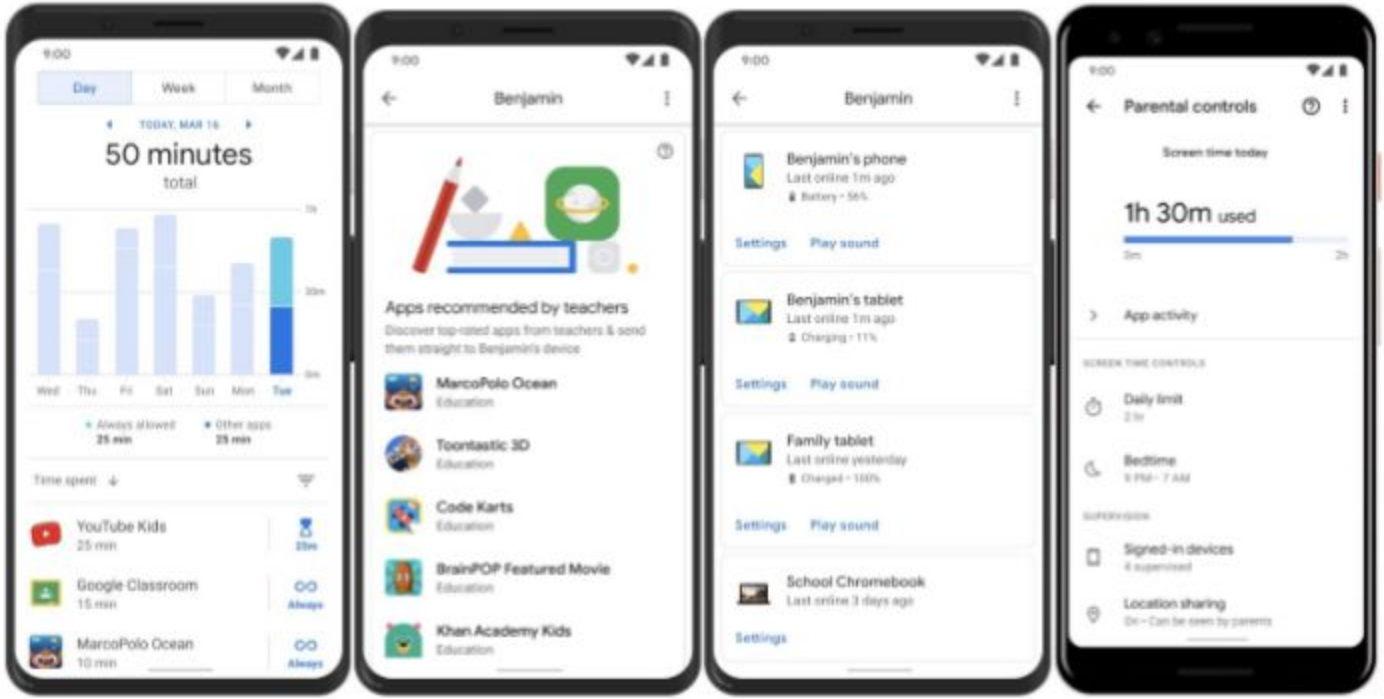
Set up Siri web search restrictions

You can screen out explicit language to avoid Siri displaying inappropriate results. You could also disable Siri entirely, so your child can't use it to search the web.

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Content Restrictions
5. Scroll Down to Siri
6. Choose to block either or both Web Search Content and Explicit Language

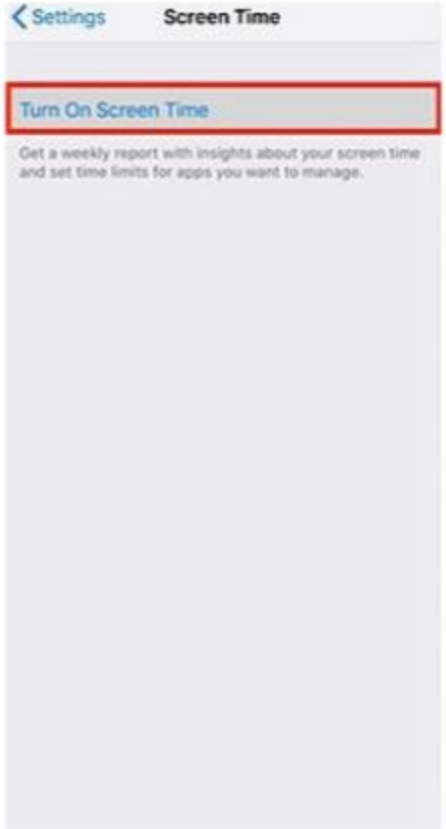
Ways of managing your child's internet usage

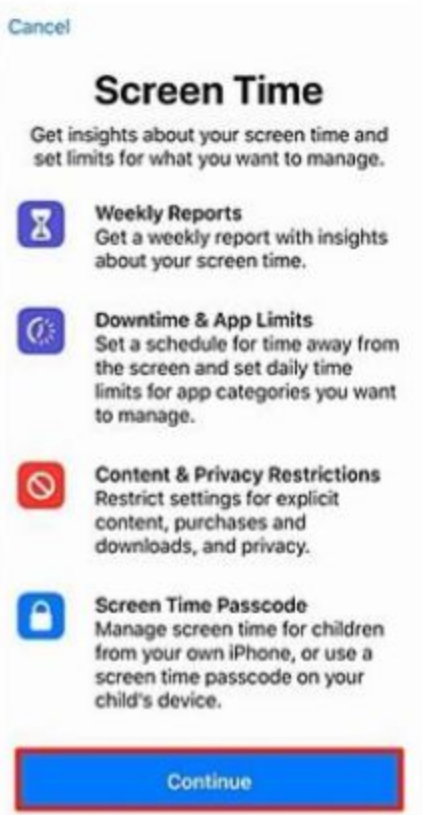
Family Link App – Android Tablets



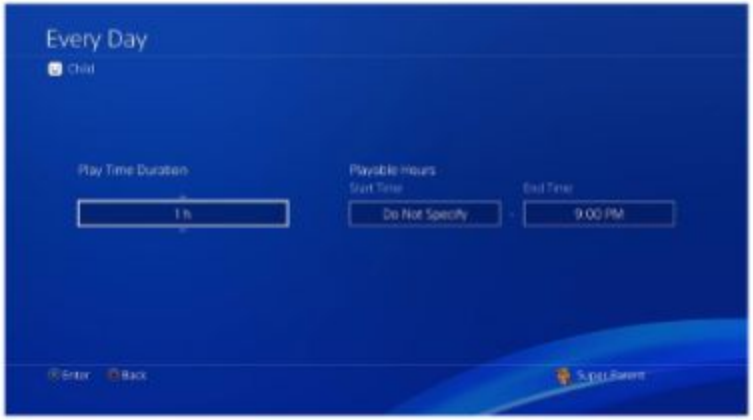
Ways of managing your child's iPhone/iPad

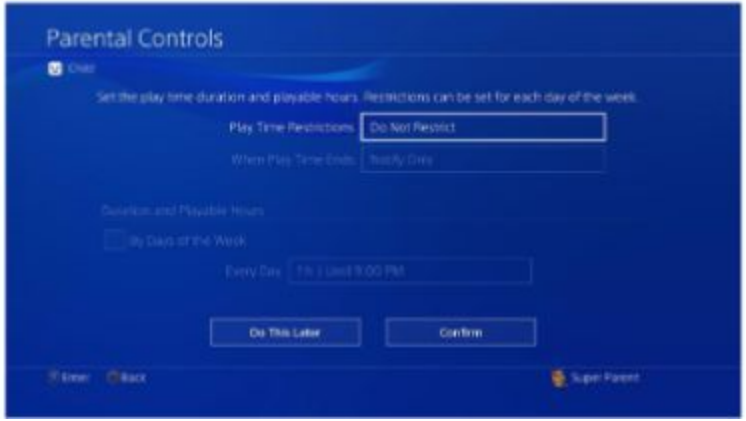
Ways of managing your child's iPhone/iPad



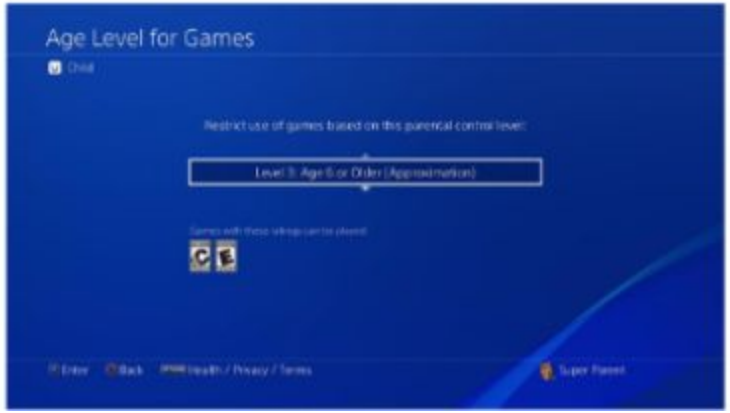


Managing your child's PlayStation account

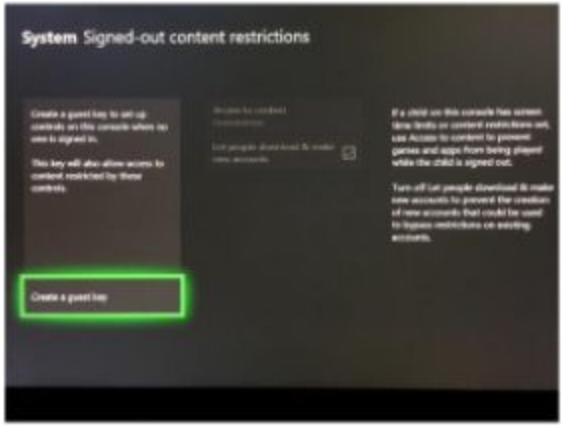


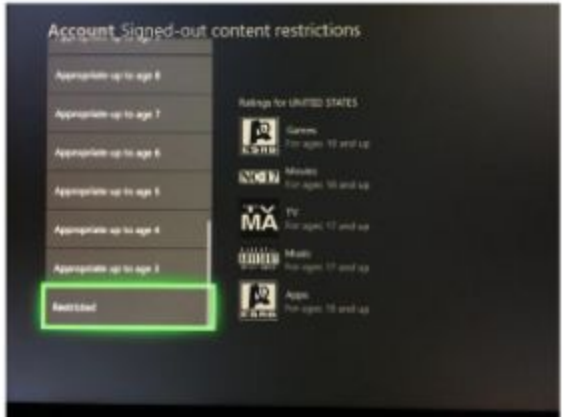


Managing your child's PlayStation account

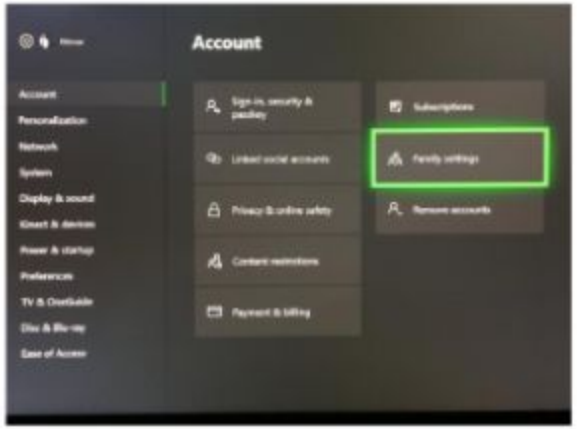


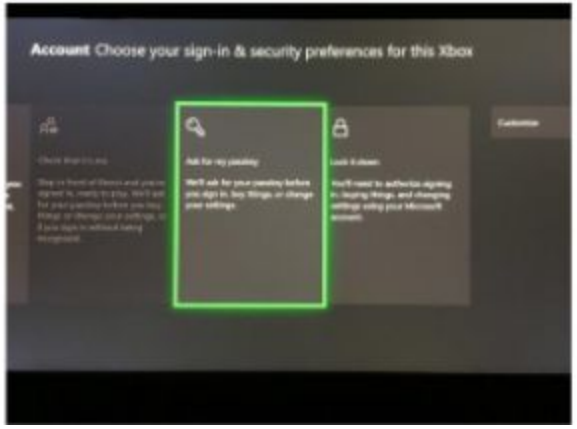
Managing your child's Xbox account





Managing your child's xBox usage





What Parents & Carers Need to Know about
ROBLOX
AGE RATING
PEGI
7
Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

What Parents & Carers Need to Know about
YOUTUBE

What Parents & Carers Need to Know about
MINECRAFT
AGE RATING
7+
Minecraft is a beloved classic of modern gaming. First released in 2011, this open-ended 'sandbox' game of building and exploration still has over 140 million players who happily return to play it at least once every month. Minecraft has also been utilised for much more than just entertainment: it's sometimes used in schools to teach children coding, and it's also employed as a tool for computer-aided design.

What Parents & Carers Need to Know about
NETFLIX

What Parents & Carers Need to Know about
AMONG US
AGE RESTRICTION
7
PEGI
A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with

What Parents & Carers Need to Know about
FORTNITE
CHAPTER
3
AGE RATING
PEGI
12
First released in 2017, Fortnite has become one of the most popular games in the world. It currently

What Parents & Carers Need to Know about
TIKTOK
AGE RESTRICTION
13+
(certain features are restricted to over-18s only)
TikTok is a free social media platform that lets users create, share and watch short videos ranging

What Parents & Carers Need to Know about
SNAPCHAT
AGE RESTRICTION
13+

Online safety parent questionnaire

Taken during the Digital Citizenship Week Parent Workshop on 16/10/24

Whether through social networking, gaming or studying, being online dominates the lives of many children and is an integral part of their daily existence. While the Internet presents a wealth of opportunities for young people, there are many hidden dangers and new types of risk. Please help us to better understand how our pupils are using the Internet at home by filling in this survey. We will use the results to plan how best to support you and your children.