

Being unkind online

It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other.

Talk to your child about how they speak to others online and encourage them to talk to people online with respect and kindness, like they would if they were face-to-face. How they act online should be how they behave on the school playground when they are following school rules. Here are some examples of what being unkind looks like online:

- Sending nasty or hurtful messages
- Leaving unkind comments
- Sharing photographs of somebody else without their permission
- Excluding somebody on purpose
- Impersonating somebody with a fake account
- Telling/sharing lies

The above might happen whilst your child is gaming online or whilst using social media or messaging apps e.g. WhatsApp.



From the Financial Times - 'Capture: who's looking after the children?'

This is a 15 minutes video produced by the Financial Times , it gives an important insight to the impact of social media on our children and our family life.

<https://www.youtube.com/watch?v=6UY2HOpuTIk>



May 1-7 2023 is Screen Free week.

Screen-Free Week is an annual invitation to play, explore, and rediscover the joys of life beyond screens.

You can celebrate Screen-Free Week at home, in your school, in your community, or anywhere – just put down those entertainment screens and do literally anything else! You might be surprised at what you find. **Plan a day, a few hours, or the whole week; however you participate is great!**

Click on the image below to find lots of different resources for how you can take part.



For more information :

<https://screenfree.org/>

