

# Safe and Empowered

## Responding to a Digital Generation

### Introducing Safe and Empowered

Digital is revolutionising childhood. From smartphones to smart speakers, technology is rapidly claiming a role in all aspects of life. Traditional online safety messaging needs to adapt too. How can educators support young people as empowered, engaged, critical and responsible digital citizens?

In this training programme, we'll cover the range of online harms faced by young people within the context of tech trends and the digital skills agenda. Using scenarios, we'll bring your knowledge up to date, consider professional skills, curriculum links and key resources to help you educate young people and respond to incidents.

The programme is **fully funded** through Education Scotland's Enhancing Professional Learning in STEM Grants Programme and is therefore free to attend.

## Training Programme autumn 2020



[www.swgfl.org.uk/scotland](http://www.swgfl.org.uk/scotland)

#SafeAndEmpowered

# Training options

## 1. Online Training Webinars

This is the online alternative to our 1-day training events, which were hugely popular across Scotland pre-lockdown.

These are two interactive webinars, delivered one week apart.

The training covers the full #SafeAndEmpowered content.

Attendees receive a delegate pack and resource pack.

## 2. Bitesize Video Sets

This unique video training programme is flexible for you to access learning on the go.

The programme runs for 4 weeks. Each week a new bitesize video is released, for you to watch when convenient. The videos explain key concepts and pointers to resources. Join an optional weekly online drop-in session, where you can meet the tutor and other participants to discuss that week's theme, ask questions and share ideas.

### Week 1: Digital childhood and digital citizenship.

How do young people use technology? What are the latest tech trends? Moving from esafety to digital citizenship.

### Week 2: Down the rabbit hole.

How does technology influence our understanding of the world? We'll look at misinformation, conspiracies, clickbait and critical thinking.

### Week 3: Online abuse.

Bullying, hate, sexism and extreme content online. Prevention and resources.

### Week 4: Online safety education that makes a difference.

One size education doesn't fit all. Tailor your approach for vulnerable children and embed online safety across the curriculum.

## 3. Team Intensive Workshop

Team Intensive Workshop: Bring staff from your school or cluster together (virtually) for collaborative learning.

These workshops can be booked for morning, afternoon or evening slots. Schools might be particularly interested in arranging an in-service event.

### Agenda

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WEBINAR 1	15 mins	Welcome, introduction and coffee ( <i>bring your own!</i> )
	45 mins	Technology trends Digital citizenship <i>App quiz</i>
	45 mins	Digital life (1) <ul style="list-style-type: none"><li>Mental and physical health</li></ul> <i>Scenarios</i>
	15 mins	Approach <ul style="list-style-type: none"><li>Curriculum</li><li>Whole organisation</li></ul>
		Summary and close <i>Homework &amp; feedback</i>
WEBINAR 2	5 mins	Recap & homework update <i>How did it go?</i>
	1 hr 30 mins	Digital life (2) <ul style="list-style-type: none"><li>Friendships &amp; relationships</li><li>Media literacy</li><li>Privacy, security, rights and reputation</li><li>Risks to professionals and organisations</li></ul> <i>Scenarios</i>
	20 mins	Approach <ul style="list-style-type: none"><li>Vulnerable children online</li><li>Empowering families</li></ul>
	5 mins	Action plans <i>Personal action plan</i>
		Summary and close <i>Feedback</i>

Check out the  
**#SafeAndEmpowered**  
podcast on [Soundcloud](#)

Note: You must be an educator in a school, college or early learning setting in Scotland to attend this training.

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## Frequently Asked Questions

### Who is the Safe and Empowered training programme for?

The programme is open to all teaching staff in Scotland, including early years, primary, secondary, community learning and college staff. If you teach young people, this course is for you.

The programme includes 1-day training events, online training webinars, a Team Intensive webinar for collaborative learning and the Bitesize Video Set.

Choose which training is right for you and book at [www.swgfl.org.uk/scotland](http://www.swgfl.org.uk/scotland).

### Who is delivering the programme?

SWGfL is providing the Safe and Empowered programme. The programme is funded and endorsed by Education Scotland. SWGfL is a charity ensuring children benefit from technology, free from harm. SWGfL is a partner in the UK Safer Internet Centre. The presenter is Jess McBeath, an Online Safety Consultant based in the Scottish Borders. Jess can be contacted at [jess.mcbeath@swgfl.org.uk](mailto:jess.mcbeath@swgfl.org.uk).

### How does it work? What technology do I need?

We're using Microsoft Teams. Teams works on Google Chrome and Microsoft Edge but may not work on other browsers. For the Bitesize Video Set you will receive a link to view each weekly video at your convenience.

### How can I contact the organiser with any questions?

For further information, please contact Jess McBeath at [jess.mcbeath@swgfl.org.uk](mailto:jess.mcbeath@swgfl.org.uk).