# Introduction

Digital Wellbeing is all about how the internet and technology makes us feel. The internet should be there to make our lives easier and as a support tool, rather than something that can cause us worry or stress.

As adults, it is important that we are aware of how children are using the internet and if they are safe online. Parents/carers play a vital role in making sure that their children understand the need to use website, search engines, social media and devices in a safe and appropriate way.

When we actively engage in childrens' online activities, we not only create a safer environment but also foster trust and confidence, enabling children to explore the digital world responsibly.

# Useful Websites

Support Information for Parents (ParentClub):
https://www.parentclub.scot/topics/online-behaviour-safety
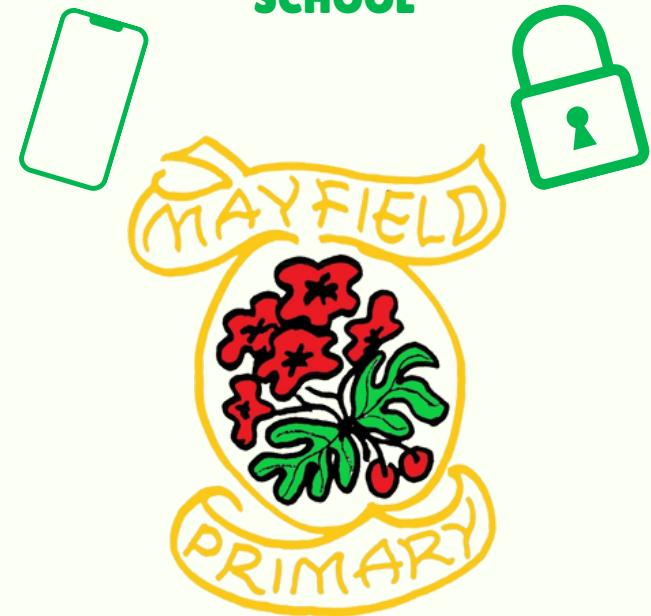
Childnet:
https://www.childnet.com/help-and-advice/digital-wellbeing/

UK Safer Internet Centre:
https://saferinternet.org.uk/guide-and-resource/parents-and-carers

Be Internet Legends:
https://beinternetlegends.withgoogle.com/en_uk/parents/

# Digital Wellbeing

**MAYFIELD PRIMARY SCHOOL**

http://

# Top Tips

1. Click with Caution – not everything on the internet is true and safe, be aware when you are online
2. Keep your personal information private – don't give it out to people you meet online
3. Be aware of strangers online – you don't really know who you are talking to
4. Check with your parents/carers before you talk with or add someone online – be careful with friend requests
5. Think before you post – once you upload to the internet, it stays there, even if you think you've deleted it
6. Check information before you believe it – not everything or everyone is true
7. Use strong passwords
8. Block it – block people who send nasty messages, tell an adult and don't respond
9. Keep security software and privacy settings up to date
10. Stop the scroll – don't spend too much time online and be careful with what you are watching

# Digital Wellbeing Policy

Our digital wellbeing policy applies to all members of our school community. We use digital technologies to support learning in our school as our children are growing up in a media based world. Learners must be safe and protected from potential harm, both on an off-line.

Parents and carers will be encouraged to support the school in reinforcing the online safety messages provided to learners in the school.

Parents and carers play a crucial role in teaching children how to navigate the internet safely and responsibly. By setting clear guidelines and maintaining open communication, parents/carers can help children develop the skills to recognise risks such as cyber bullying, inappropriate content, and online scams. Educating children about privacy the importance of respectful interactions, and the consequences of their digital actions empowers them to make informed choices.

# Social Media

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.

UK Safer Internet Centre:
https://saferinternet.org.uk/guide-and-resource/social-media-guides

NSPCC:
https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/

UKCIS Social Media Guide:
https://www.internetmatters.org/resources/ukcis-social-media-guide-for-parents-and-carers/