



Policy Statement: Stow ELC and Primary School Digital Technology Wellbeing Policy

1. Vision and Leadership

At Stow ELC and Primary School, we are committed to fostering a safe, responsible, and resilient digital culture that empowers our learners and staff to navigate the digital world with confidence.

Our approach is aligned with the Curriculum for Excellence (CfE) and RSHP (Relationships, Sexual Health, and Parenthood) Education, ensuring that digital engagement supports well-being, learning, and personal development.

2. Digital Wellbeing and Cyber Awareness

We recognise the importance of digital wellbeing, ensuring our learners develop the skills to use technology responsibly while maintaining positive mental health and resilience.

Our policy promotes:

- **Cyber Awareness:** Educating pupils on online safety, data privacy, and digital footprint management to reduce risks associated with cyber threats
- **Resilience:** Encouraging learners to develop critical thinking and emotional resilience when engaging in digital space.
- **Positive Digital Engagement:** Promoting healthy online habits, including balanced screen time, respectful communication, and responsible content creation.
- **Parental and Staff Involvement:** Collaborating with parents, carers, and educators to ensure a consistent approach to digital well-being at school and home.

Achieving Excellence Together through.....

Nurturing every learner to thrive as we stay ON TRACK.

To create a culture where children learn to be: Otstanding, Nurturing, Tolerant, Respectful,
Achieving, Confident and Kind.





3. Curriculum Alignment (CfE and RSHP)

Our digital well-being framework is embedded across the curriculum, ensuring that:

- Learners develop digital literacy skills within the CfE framework, fostering their ability to critically evaluate online information and engage responsibly.
- RSHP education includes guidance on healthy online relationships, consent, and digital citizenship, supporting pupils to navigate social media, gaming, and online interactions safely.
- Interdisciplinary learning opportunities promote discussions on cyber ethics, digital rights, and wellbeing.

4. Implementation and Continuous Improvement

To ensure ongoing effectiveness, we will:

- Regularly review our digital well-being strategy, incorporating feedback from staff, learners, and parents. Digital Leaders will take the lead on this.
- Provide CPD (Continuing Professional Development) training for staff on digital resilience and safeguarding.
- Engage with external experts and organisations to remain updated on best practices in digital education and wellbeing.
- Foster a culture of reporting and support, ensuring pupils feel safe to raise concerns regarding their digital experiences.

5. Conclusion

Stow ELC and Primary School is dedicated to preparing learners for the evolving digital landscape by embedding cyber awareness, digital resilience, and wellbeing into our ethos.

Through a collaborative and forward-thinking approach, we aim to nurture responsible and confident digital citizens.

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