



Yavneh
Primary School

How to stay safe online?

Online Safety Newsletter

Is Being Online Affecting Your Child's Mental Health?

Children are growing up in a world where technology has always been a part of their lives, which can have both positive and negative effects on them. Digital wellbeing is about how the internet and technology affect our feelings. It includes understanding how being online can impact:

- Our emotions,
- Mental health and wellbeing,
- Physical health and wellbeing.

To find out more information on this and how best to support your child, please visit: <https://www.childnet.com/help-and-advice/digital-wellbeing/>

Adults often struggle to differentiate between real and fake online content, making it even more challenging for young people and children. It's important to encourage children to develop their digital literacy skills, promoting critical thinking and fact-checking.

The BBC and Channel 4 have fact-checking areas on their websites:

https://www.bbc.co.uk/news/reality_check

<https://www.channel4.com/news/factcheck/>

Game Time!

Think before you share. While it can be tempting to post surprising online content in group chats with your child, it's crucial to fact-check it first. Since children tend to trust information from their parents without question, this is an opportunity to teach them how to share information responsibly online.

One way to start the conversation would be to play a game such as 'Can you spot the signs of fake news?' from the BBC:

<https://www.bbc.co.uk/bitesize/articles/zwfm8hv>