

Parent Workshop on Digital Citizenship and Wellbeing

Our first in a series of parental workshops focused on digital citizenship and wellbeing. Part One of the presentation centred around the practicalities involved in safely and responsibly engaging in the digital world. Peter Cowen, Secondary Learning Technologies Integrator expertly highlighted some of the key opportunities and challenges faced by students when using the internet. Mr Cowen shared invaluable tips and recommendations for parents on the following topics:

- Digital Footprints
- Sharenting
- The Billboard Test
- Age Restrictions
- Privacy Setting
- Safe set up for Social Media Profiles

For Part Two of the Workshop, our Advice, Support and Counselling (ASC) Team with Counsellors Saskia Dodds-Smith, Zara Pugh, and An Ho then led a discussion on online behaviours and their impact on wellbeing. The team discussed both the potential positives and negatives of internet usage, social media interaction and online gaming etc.

The team discussed the following:

- Positives and negatives of being online and using the internet
- Developing healthy routines and boundaries
- Creating the environment for supportive and difficult conversations
- Concerning behaviours online
- Recognising risky behaviours and mental health concerns
- Promoting a balanced approach to online behaviour and internet usage

The final part of the workshop focused on our wellbeing curriculum content that supports digital citizenship, online safety, and social media awareness and responsibility education. Our Wellbeing Curriculum covers aspects of Digital Citizenship and Online Safety both directly and via connected themes in a spirally fashion with the issues revisited throughout Year 7 through to Year 13. Additionally, aspects of digital citizenship and online behaviours are also covered through subjects such as Information Communication Technology (ICT).

BIS Student Values

As BIS students, we respect our peers, teachers and our school environment. We show care for ourselves, each other and our community. We show integrity through the relationships we form based on mutual respect.



- Treat others as I would like to be treated; in school, in the community and online.
- Be respectful to everyone through my words and my actions, regardless of age, gender, religion or race and sexuality.
- Honour my commitments.
- Be an upstander not a bystander. If something is wrong, act to make it right.



- Be active learners who seek and offer support when needed.
- Support the success of others.
- Be open to new ideas.
- Arrive on time, fully equipped, ready to learn.
- Be proud of my work and always strive for improvement.
- Practice academic honesty.



- Be mindful and grateful to all the staff who look after us and our school.
- Be responsible for my possessions and respectful of others.
- Dispose of rubbish and food waste in the designated bins.
- Keep our school free from drugs, cigarettes and chewing gum.
- Be respectful of school resources.



- Treat all technology, including the school network, with care and respect.
- Use my electronic device(s) appropriately and for academic learning when in the classroom.
- Be responsible for my electronic device(s) and ensure they are free of viruses/ malware.
- Take care and responsibility for my passwords and ensure they are only used by me.

BIS Student Values

Additionally, we discussed the BIS Student Values which shape and define our overall approach to supporting students in their engagement with the internet, social media and the online world.

Please find the SlideDeck from Thursday's Parental Workshop linked with this post. Additionally, please see the links attached for further information and guidance.

[Parent Workshop Series \(No.1\) Digital Citizenship and Wellbeing \[Sept 2022\].pdf](#)
[Useful links 2022-23 Digital Citizenship and Wellbeing](#)

Should you have any additional questions, please do not hesitate to reach to myself, our ASC Team, or your child's Head of Year for more help and support.

Kind regards,

Gareth Wills,
Deputy Headteacher (Welfare and Guidance)