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

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)